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MAY 2019

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Eat More Veg issue!

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Breakfasts**

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Grilled Carrots
with Smoky
Ketchup, p.96

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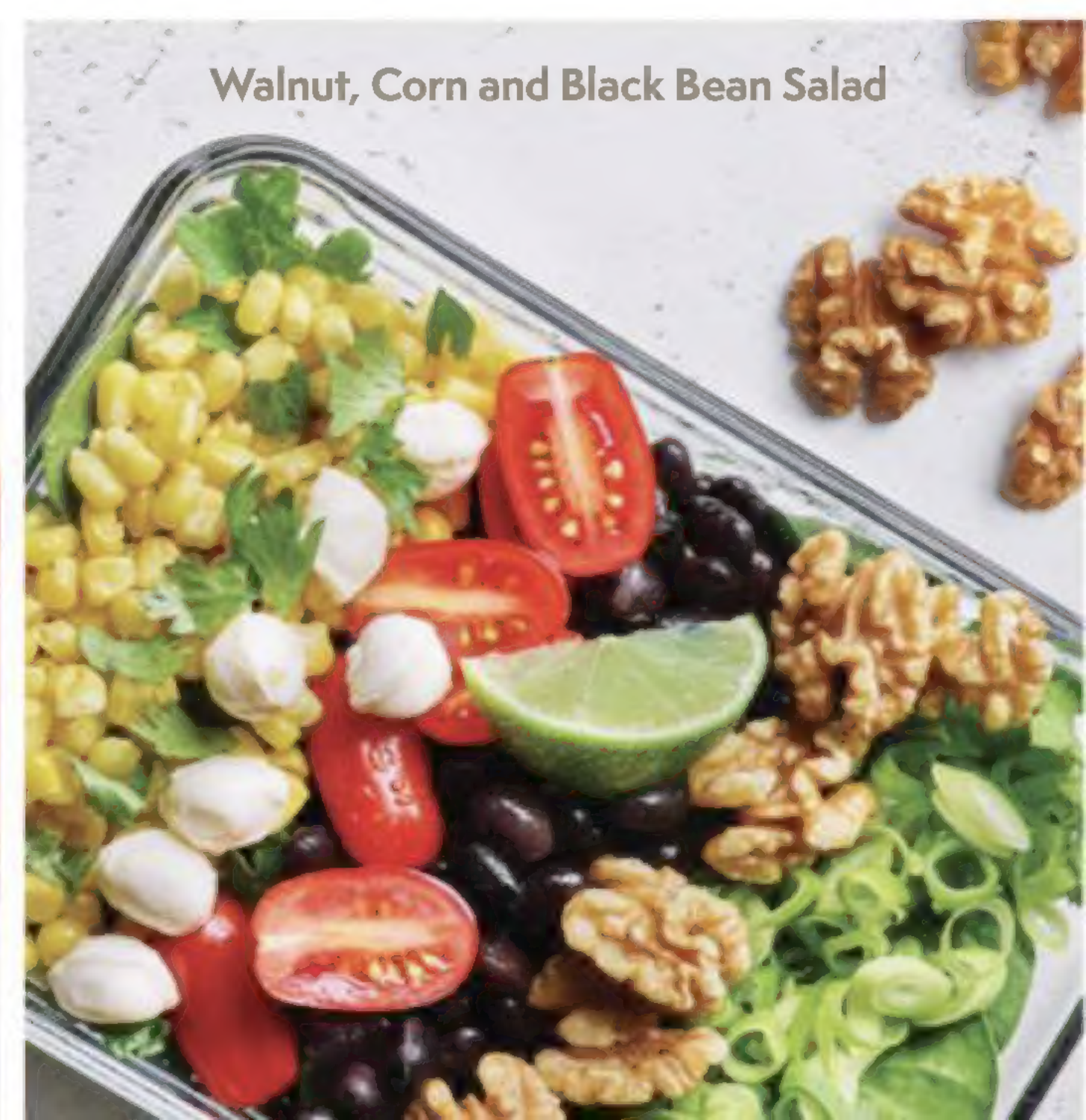
*Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.



Zucchini Walnut Salad



Walnut Tuna Sandwich



Walnut, Corn and Black Bean Salad

FEATURES

74 The Chef's Garden

Meet the Ohio farmer who is inspiring chefs with some of the coolest and most gorgeous produce in the country.

BY DANIELLE CENTONI

84 Daybreak in Tel Aviv

If you think this city, known for its rocking nightlife as much as its vibrant food scene, starts the day with greasy hangover grub, guess again. Say hello to Israel's produce-packed breakfasts.

BY ALYSSA SCHWARTZ

RECIPES BY ADEENA SUSSMAN

92 VGQ

This summer, we know you'll be busting out your BBQ. But why not think about it a little differently? Load it up with all the vegetables in season right now.

BY JUDITH FERTIG

100 The Cocktail Conundrum

New research challenging our long-held beliefs about booze's benefits has everyone questioning whether it's OK to drink. But many experts insist raising the occasional glass is perfectly fine. *EatingWell* looks at the science behind alcohol, health and happiness.

BY RACHAEL MOELLER GORMAN

The Israeli love of vegetables—like this whole roasted head of cauliflower at Miznon in Tel Aviv—starts at breakfast and goes around the clock.
(Page 84)

DEPARTMENTS

11 Dinner Tonight

Summer just wouldn't be summer without food on a stick. Turn to page 12 for our Shrimp & Pepper Kebabs with Grilled Red Onion Slaw and 18 more easy-but-inventive weeknight-friendly recipes.

45 Good Life

Mother's Day is May 12 (but you knew that, right?). This year, skip the bouquet and take her to the blooms for brunch. We have 5 garden destinations featuring gourmet dining (p.46). And dig into 4 delivery kits aimed at broadening your kid's palate and cooking chops (p.50).

55 Good Health

Wondering if there's anything to the celery juice trend? We look into the science on page 55. Plus, learn about foods that lower cholesterol (p.62) and how healthy vegan diets really are (p.58).

65 Good.Food.Fast.

Believe it or not, avocado isn't the only amazing thing to put on toast. We have 9 delicious combos to try (p.66). And see which salad shops—almost more ubiquitous than coffee joints these days!—serve up the healthiest options (p.70).

107 Morsels

Updating your kitchen? Check out 5 features worth splurging for (p.107) and consider the advantages of under-counter refrigerator drawers (p.108). Plus, get the scoop on the best grilling tools to grab right now (p.110).

116 Food with Purpose

A friend's backyard in suburban Los Angeles—full of trees heavy with fruit—inspired Rick Nahmias to start a nonprofit company to help food-insecure Californians and reduce food waste.

6 Editor's Letter

8 Chatter

114 Recipe Index



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The Wonderful World of Vegetables

Welcome to our “Eat More Vegetables” issue. The idea is simple. We want to inspire you to love produce. How? Delicious recipes! Some of my favorites from this issue: the zucchini rollatini with smoked mozzarella (yum!), the fennel broiled with Parm and Judith Fertig’s grilled beets with raspberry-thyme sauce. And then there’s the Israeli story focused on the first meal of the day, jammed with—you guessed it—vegetables. If I could, I’d munch the crispy artichokes over *labneh* every single morning and follow it up with a *sabich*, an Israeli pita sandwich with roasted eggplant and piles of fresh parsley. I promise, you are about to eat very well!

This is our fourth year riffing on this “eat more vegetables” theme. To me it’s fun! (Though my view is admittedly a little warped. I lust for *all* produce!) We also do this annual issue because it’s an

obvious way to help all of us eat a little healthier. But the past few weeks I started wondering, is it really so obvious? Yes, at the moment, more than half of Americans say they want to consume more vegetables. And simultaneously, going plant-based *only*, aka vegan, is gaining steam like never before.

But as these plant-power trends keep growing, the contradictory rumble of alarming ideas about the danger of vegetables keeps breaking through. Just as we were wrapping up these pages, two separate people brought up the book *The Plant Paradox*, in which the author warns that vegetables contain unsafe compounds called lectins that are making us sick. One asked if I thought the concept was bunk and the other told me that he’d read it and found out kidney beans were likely *poison*! The next day I got an email from my gym suggesting I do a nutrition challenge. I

would log what I ate and get deductions for, among other things, beans of any sort and the poor maligned potato. That afternoon, I got a call from a writer telling me that he had gone vegan the week before and was planning to eat that way for an entire year. The purpose: he wanted to see if a 100% plant-based diet could improve his cholesterol enough that he wouldn’t need to start popping statins. So which is it? Are plants the enemy or the savior?

These conversations were reminders that nutrition can be confusing. In this digital age it’s hard to know which ideas are backed by solid science and which are sketchy at best, dangerous at worst. This is in part why we asked investigative journalist Patrick Clinton to write about whether the vegan diet is the healthiest possible way to eat. To get to the punch line: yes, it’s pretty clear, according to a preponderance of studies, that if not the single healthiest diet, it’s among the healthiest, when done right. But Clinton’s piece also brings up some of the over-the-top claims being tossed around by some vegan-advocacy organizations, such as “eating an egg a day equals smoking 5 cigarettes a day.” Clinton helps put these alarmist theories in perspective.

Since we are doing an entire issue trying to get you to eat a more veg-focused diet, you can guess where *EatingWell* lands on the question of whether we should be worried about eating plants. Nope! We’re not. But where are we on the question of whether we should all go 100% vegan? We’re not there, either. We love it all. We believe in pleasure... pleasure mixed with a dose of balance and good sense!

Cheers,

Jessie

JESSIE PRICE
EDITOR@EATINGWELL.COM

 
@JESSIEEATSWELL



Stouffer’s dinnertime solutions help families spend more quality time together at the table and less time busy in the kitchen. Look for the Together Tonight logo, marking an easy family-friendly recipe.

Peas &
Carrots Salad
PAGE 83

SO MUCH PEANUT BUTTER
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doesn't have any dairy alternatives, only more of the
ingredients you already love.



What's Trending @ EatingWell.com

1 Mother's Day Menus
Give Mom the morning off on May 12 while you whip up (and clean up!) one of our Mother's Day spreads. Try one-bowl Blueberry-Ricotta Pound Cake (*right*), Banana-Chocolate Chip Pancakes or Asparagus Salad Topped with Poached Eggs. EatingWell.com/breakfastinbed

2 Potluck Parties
You'll be the hit of any Memorial Day bash when you show up with an *EatingWell* dish, such as Bourbon Chicken Skewers, Deviled-Egg Macaroni Salad or Loaded Cauliflower Casserole. EatingWell.com/potluck

3 Fresh Mocktails
Raise a glass to spring with pretty, nonalcoholic sips. You've gotta try the Minty Melonade, Cucumber-Mint Spritzer and (our favorite) Virgin Layered Strawberry-Mango Margaritas. EatingWell.com/mocktails



YOU ASKED US



Victoria Seaver, M.S., R.D., C.D.
Digital Meal Plan Editor

Do any foods offer sun protection?

"Actually, yes! Antioxidants in foods like blueberries, nuts and tomatoes help safeguard skin by absorbing UV rays before they cause harm and repairing cells that are already damaged. Of course, slathering on sunscreen is important. And new research shows most SPF users don't apply enough, so they get less than *half* the sun protection they think! Food could be your sunburn safety net." Load up on recipes at EatingWell.com/SunProtection.



Jim Romanoff
Food Editor

Can you share some quick-fix sauce ideas for topping grilled meat, fish or chicken?

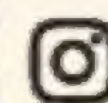
"I have two favorite sauces that are great for busy weeknights. First, Mango-Avocado Salsa: Mix together diced mango and avocado, lime juice, salt and a pinch of Aleppo chile pepper. Second, Tomato-Garlic-Bacon: Sizzle a chopped strip of bacon, add a thin-sliced clove of garlic and cook for 30 seconds. Add diced plum tomato and swirl in a splash of white wine or sherry." More ideas at EatingWell.com/HealthySauces.



Lucy M. Casale
Associate Editor

What are the best cook-books to gift recent grads?

"I was the ultimate beginner in the kitchen when I graduated college. Thankfully, I received Mark Bittman's *How to Cook Everything: The Basics*. Now it's my go-to gift for newbie cooks. This summer, you also can't go wrong with Ina Garten's latest: *Cook Like a Pro*, full of simple, delicious recipes. Or (shameless plug!) *EatingWell Vegetables: The Essential Reference* with 200 easy, vegetable-packed recipes. See more of my picks at EatingWell.com/GradGifts."



WE ASKED YOU

What's one vegetable you used to hate, but have learned to love?

"I never liked Brussels sprouts. Then one day I sliced them thin and roasted them with a little olive oil and salt! I crave them now." [@steph_chamberlain_](https://www.instagram.com/steph_chamberlain_)

30% said Brussels sprouts!

"Asparagus used to make me literally gag. Now I make asparagus soup and love it grilled or steamed as well!" [@jill_hanna](https://www.instagram.com/jill_hanna)

"Kohlrabi! I discovered it's amazing diced, sautéed [and] in stir-fries." [@lisaluporter](https://www.instagram.com/lisaluporter)

"Okra, now am loving it steamed with cherry tomatoes, onions and a bit of vinegar and salt to taste." [@albert2riyadh](https://www.instagram.com/albert2riyadh)

"Mushrooms. Once I realized there's more than portobellos and baby bellas, I've become a total convert and panic if there are none in my kitchen at any given time." [@theoddestthingsheeversaw](https://www.instagram.com/theoddestthingsheeversaw)

Take the EatingWell Veg Challenge! How many veggies can you eat in 30 days? EatingWell.com/eatmoreveg



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EASY HEALTHY RECIPES

DINNER TONIGHT

Fire It Up! String small ingredients—like shrimp and mini peppers—onto skewers for easy flipping without losing a morsel to the flames. Plus, it looks great!

Shrimp
& Pepper
Kebabs
NEXT PAGE



Shrimp & Pepper Kebabs with Grilled Red Onion Slaw

ACTIVE: 30 min **TOTAL:** 30 min

EQUIPMENT: Eight 6-inch skewers

A bag of coleslaw mix is a time-saving meal starter. Here, we make it our own by mixing in grilled red onion and crushed pita chips. A homemade herb-feta dressing both coats the slaw and sauces the kebabs.

½ cup chopped fresh parsley

⅓ cup chopped scallions

⅓ cup crumbled feta cheese

3 tablespoons red-wine vinegar

⅓ cup canola oil plus 1 tablespoon, divided

1 pound raw shrimp (21-25 count), peeled and deveined

24 mini bell peppers (15 ounces)

1 small red onion, cut into quarters

1 10-ounce bag coleslaw mix (with carrots and red cabbage)

1½ cups pita chips, crushed

1. Preheat grill to medium-high.

2. Place parsley, scallions, feta, vinegar and ⅓ cup oil in a mini food processor; blend until mostly smooth. Set aside.

3. Thread 3 shrimp and 3 mini peppers on each of 8 bamboo skewers. Brush the kebabs and onion with the remaining 1 tablespoon oil. Grill the kebabs until the shrimp turn pink and are

opaque in the center and the peppers are lightly charred, about 3 minutes per side. Grill the onion wedges until slightly softened and charred, 2 to 3 minutes per side. Remove from the grill.

4. Reserve ¼ cup of the dressing. Combine slaw mix, pita chips and the remaining dressing in a large bowl. When the onion is cool enough to handle, thinly slice and toss with the slaw mixture.

5. Serve the slaw and kebabs with the reserved dressing.

SERVES 4: 2 kebabs, 1½ cups slaw & 1 Tbsp. dressing each

CAL 442 / FAT 28G (SAT 4G) / CHOL 194MG / CARBS 21G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 28G / FIBER 4G / SODIUM 394MG / POTASSIUM 567MG.



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BRING TUSCANY TO YOUR TABLE



Jerk Chicken with Coconut Rice & Peas

ACTIVE: 30 min TOTAL: 50 min

Make sure the grill pan is well-heated before adding the chicken to achieve the crisp char you would get from an outdoor grill.

- 1½ teaspoons extra-virgin olive oil
- ½ cup finely chopped yellow onion
- 2 tablespoons green curry paste
- 1 cup long-grain brown rice
- 1 14-ounce can light coconut milk (see Tip, below)
- ¾ cup water
- 2 teaspoons chopped fresh thyme
- 2 teaspoons garlic powder
- 1¼ teaspoons ground allspice
- ¾ teaspoon cayenne pepper
- ¼ teaspoon ground cinnamon

- ¾ teaspoon kosher salt, divided
- 1½ pounds boneless, skinless chicken thighs, trimmed

- 1 cup frozen green peas, thawed
- ¼ cup chopped fresh cilantro, plus leaves for garnish

- 1 tablespoon lime juice
- Lime wedges for serving

1. Heat oil in a medium saucepan over medium heat. Add onion and cook, stirring occasionally, until softened, about 3 minutes. Add curry paste and cook, stirring constantly, until fragrant, about 1 minute. Add rice and stir to coat. Add coconut milk and water; bring to a boil over high heat. Cover, reduce heat to low, and simmer until the rice is tender and the liquid is absorbed, 40 to 50 minutes.
2. Meanwhile, heat a grill pan over medium-high

heat. Coat with cooking spray. Mix thyme, garlic powder, allspice, cayenne, cinnamon and ½ teaspoon salt in a medium bowl. Add chicken and toss to coat. Grill the chicken, turning once, until an instant-read thermometer inserted in the thickest part registers 165°F, about 12 minutes total. Transfer the chicken to a clean cutting board and let rest.

3. When the rice is done, stir in peas, cilantro, lime juice and the remaining ¼ teaspoon salt with a fork. Cover and let stand for 3 minutes.

4. Serve the chicken with the rice and more cilantro and lime wedges, if desired.

SERVES 4: 5 oz. chicken & 1 cup rice & peas each
CAL 523 / FAT 20G (SAT 8G) / CHOL 156MG / CARBS 48G / TOTAL SUGARS 3G (ADDED 0G) / PROTEIN 37G / FIBER 4G / SODIUM 687MG / POTASSIUM 557MG.



SEE THE LITE

Canned light coconut milk has more water and only about one-third of the fat and calories of “whole” coconut milk. Look for it, sometimes labeled “lite,” in the Asian section of your supermarket.

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Chopped Salad Pizza with Sausage

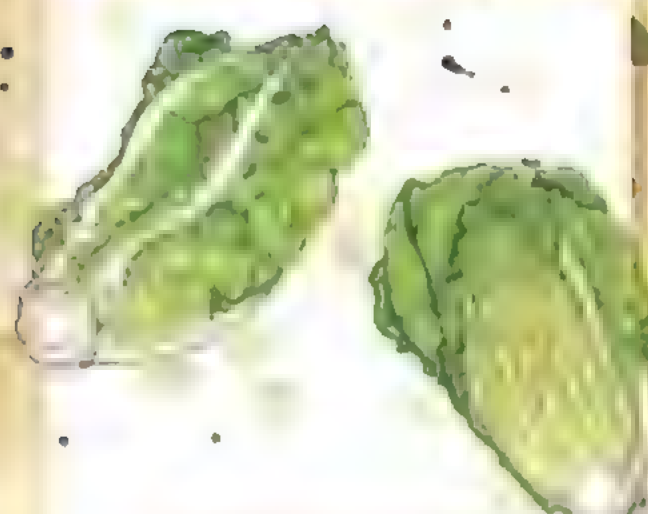
ACTIVE: 20 min **TOTAL:** 35 min

EQUIPMENT: Parchment paper

The toppings for this meal-on-a-slice go way beyond the typical smattering of sliced mushrooms or peppers and into the realm of complete servings of vegetables. Needless to say, grab a fork and knife for this one.

- 4 ounces Italian turkey sausage**
(1-2 links), removed from casing
- 1 pound whole-wheat pizza dough**
- ½ cup canned crushed tomatoes,**
preferably San Marzano
- 1 cup shredded part-skim**
mozzarella cheese
- ½ cup crumbled feta cheese, divided**
- 2 tablespoons extra-virgin olive oil**
- 1 tablespoon lemon juice**
- 1 teaspoon honey**
- ¼ teaspoon crushed red pepper**
- 3 cups baby arugula**
- 3 cups chopped Little Gem lettuce**
(see Tip)

- 1.** Preheat oven to 425°F. Line a large rimless baking sheet with parchment paper.
 - 2.** Cook sausage in a medium skillet over medium-high heat, breaking it up with a wooden spoon, until no longer pink, 5 to 6 minutes.
 - 3.** Roll pizza dough into a 13-inch circle on a lightly floured surface. Transfer to the prepared pan. Spread tomatoes over the dough, leaving a ¼- to ½-inch border and sprinkle with mozzarella and ¼ cup feta. Top with the sausage.
 - 4.** Bake the pizza until the crust is golden brown and crisp and the cheeses are melted, 15 to 20 minutes.
 - 5.** Meanwhile, whisk oil, lemon juice, honey and crushed red pepper in a medium bowl. Stir in the remaining ¼ cup feta.
 - 6.** When the pizza is ready, add arugula and lettuce to the dressing and toss to coat. Top the pizza with the greens and cut into 6 slices.
- SERVES 6:** 1 slice pizza & about 1 cup salad each
CAL 339 / FAT 17G (SAT 5G) / CHOL 34MG / CARBS 35G /
TOTAL SUGARS 5G (ADDED 1G) / PROTEIN 16G /
FIBER 2G / SODIUM 603MG / POTASSIUM 202MG.



WHAT A GEM

Little Gem lettuce looks like a ruffly mini head of romaine. Find it at grocery stores and farmers' markets in the spring and summer. If it's not available, substitute romaine.

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Jalapeño Popper Burgers

ACTIVE: 30 min **TOTAL:** 30 min

Ground sirloin is a lean ground beef made exclusively from the center loin cut of beef. It has less connective tissue than regular ground beef for a super tender burger.

- 3 ounces reduced-fat cream cheese, softened**
- $\frac{3}{4}$ cup shredded spicy cheese, such as chipotle Cheddar or pepper Jack**
- 1 medium jalapeño pepper, seeded and chopped**
- 1 pound ground sirloin**
- $\frac{1}{8}$ teaspoon kosher salt**
- 4 whole-wheat hamburger buns**
- $\frac{1}{4}$ cup ketchup**

- 1.** Preheat grill to medium-high.
- 2.** Combine cream cheese, shredded cheese and jalapeño in a medium bowl, stirring and mashing with a fork. Divide the mixture into 4 portions and form each into a 3-inch disk. Form sirloin into four patties about 4 inches wide and $\frac{1}{2}$ inch thick. Season with salt.
- 3.** Grill the burgers until almost done, 3 to 4 minutes per side. Place a cheese disk on each and continue cooking until an instant-read thermometer inserted in the thickest part of a burger registers 160°F and the cheese starts to melt, 1 to 2 minutes more. During the last few minutes, toast buns on the grill.
- 4.** Top each burger with 1 tablespoon ketchup and serve on the buns.

SERVES 4: 1 burger each

CAL 458 / FAT 23G (SAT 11G) / CHOL 91MG / CARBS 29G / TOTAL SUGARS 9G (ADDED 6G) / PROTEIN 33G / FIBER 3G / SODIUM 749MG / POTASSIUM 590MG.



HOT STUFF

These days, more flavored Cheddar cheeses (like jalapeño, chipotle or habanero) are filling up the specialty cheese section. But easy-to-find pepper Jack works great in this recipe too.



Get *EatingWell* recipes for easy weeknight & 20-minute mains in Cozi, a free meal-planning and organizing app from our parent company, Meredith Corporation (available on iTunes and Google Play).

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For the Love of Flank

Our favorite things about this cut of steak: it's lean and oh-so flavorful. Try it simply grilled, rolled and roasted (page 22) or in a taco.



Smoky Grilled Flank Steak

ACTIVE: 15 min **TOTAL:** 25 min

Preheat grill to medium-high. Combine 1 Tbsp. **olive oil**, 1½ tsp. each **distilled white vinegar** and **smoked paprika**, 1 tsp. **brown sugar**, ½ tsp. each **ground chipotle chile** and **salt**, ¼ tsp. **garlic powder** and ⅛ tsp. **pepper** in a small bowl. Rub all over 1 pound **flank steak**. Grill until an instant-read thermometer inserted in the thickest part registers 120°F for medium-rare, 3 to 5 minutes per side. Let rest for 5 minutes. Slice against the grain.

SERVES 4: 3½ oz. each

CAL 211 / FAT 12G (SAT 4G) / CHOL 68MG / CARBS 2G / TOTAL SUGARS 1G (ADDED 1G) / PROTEIN 23G / FIBER 0G / SODIUM 346MG / POTASSIUM 306MG.

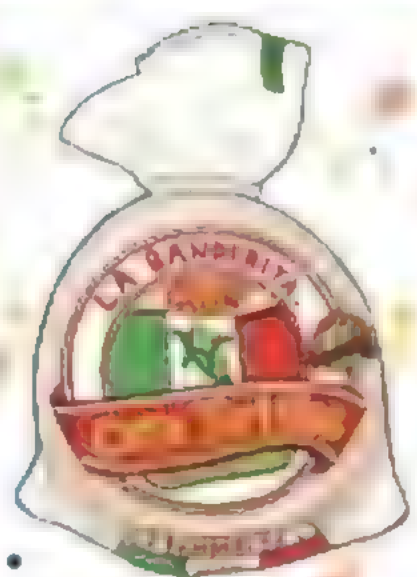
Flank Steak Tacos with Strawberry Salsa

ACTIVE: 30 min **TOTAL:** 30 min

Season 1 pound **flank steak** with ¼ tsp. each **salt** and **pepper**. Heat 2 tsp. **canola oil** in a large cast-iron skillet over medium-high heat. Add the steak and cook, turning halfway through, until slightly charred and an instant-read thermometer inserted in the thickest part registers 120°F for medium-rare, 3 to 4 minutes per side. Transfer to a clean cutting board and let rest for 10 minutes. Meanwhile, combine 2 cups chopped **strawberries**, **zest and juice of 1 lime**, 1 Tbsp. **balsamic vinegar**, 1 tsp. **honey**, ½ tsp. **ground pepper** and ¼ tsp. **salt** in a medium bowl. Let stand at room temperature for 10 minutes. Thinly slice the steak against the grain. Stir ½ cup finely chopped **shallot** and 1 Tbsp. each chopped **mint** and **cilantro** into the salsa. Divide the steak and salsa among 8 warmed **corn tortillas**. Serve with **lime wedges** and more **cilantro**, if desired.

SERVES 4: 2 tacos each

CAL 339 / FAT 10G (SAT 3G) / CHOL 70MG / CARBS 35G / TOTAL SUGARS 8G (ADDED 1G) / PROTEIN 28G / FIBER 6G / SODIUM 380MG / POTASSIUM 699MG.



GO FOR CORN

Corn tortillas' toasty notes pair perfectly with this sweet and savory taco. Plus, they generally have negligible amounts of sodium.

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DINNER TONIGHT 1 INGREDIENT / 3 WAYS



Goat Cheese-Stuffed Flank Steak

ACTIVE: 30 min **TOTAL:** 45 min

EQUIPMENT: Kitchen string

Preheat oven to 425°F. Place 1 pound **flank steak** on a cutting board, cover with plastic wrap and pound with a meat mallet or heavy skillet to an even ¼-inch thickness. Sprinkle one side with ¼ tsp. **garlic powder** and ⅛ tsp. **salt**. Spread 3 Tbsp. **herbed goat cheese** in a 1-inch-wide strip down the middle of the steak. Top with ½ cup chopped **roasted red peppers** and 1 cup **arugula**. Starting at one edge of a long side, roll the steak up tightly, tucking in the filling as you go. Tie with kitchen string at 2-inch intervals. Season with ¼ tsp. each **salt** and

pepper. Heat 2 tsp. **canola oil** in a large cast-iron skillet over medium-high heat. Add the steak and cook, turning often, until browned on all sides, 3 to 6 minutes total. Transfer the pan to the oven and roast until an instant-read thermometer inserted in the center registers 120°F for medium-rare, 12 to 15 minutes. Transfer the steak to a clean cutting board and let rest for 5 minutes. Cut crosswise into 8 slices. Garnish with **fresh parsley**, if desired.

SERVES 4: 2 slices each

CAL 203 / FAT 10G (SAT 3G) / CHOL 73MG / CARBS 2G / TOTAL SUGARS 1G (ADDED 0G) / PROTEIN 26G / FIBER 0G / SODIUM 453MG / POTASSIUM 410MG.

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On a Roll

Let kids get their hands dirty with this healthy riff on lasagna rolls. They'll love rolling zucchini ribbons with the extra-special cheesy filling that uses smoked mozzarella for tons of flavor. And they'll have fun making rainbows in the hands-on veggie-packed wraps on page 26.

By Joy Howard



Zucchini Rollatini with Smoked Mozzarella

ACTIVE: 30 min TOTAL: 1 hr

TO MAKE AHEAD: Prepare through Step 6 and refrigerate for up to 1 day.

Use a vegetable peeler or mandoline to quickly slice the zucchini into uniform thin strips—this will ensure easy rolling and even cooking.

- 2 large zucchini, trimmed**
- 2 teaspoons extra-virgin olive oil**
- ½ teaspoon ground pepper, divided**
- ¼ teaspoon salt, divided**
- 8 tablespoons shredded smoked mozzarella cheese, divided**
- 3 tablespoons grated Parmesan cheese, divided**
- 1 large egg, lightly beaten**
- 1½ cups part-skim ricotta**

1 10-ounce package frozen spinach, thawed and squeezed dry

1 clove garlic, minced

¾ cup low-sodium marinara sauce, divided
2 tablespoons chopped fresh basil

1. Position racks in upper and lower thirds of oven; preheat to 425°F.

2. Slice zucchini lengthwise to get 24 total strips, about ⅛ inch thick each.

KIDS DO **3.** Toss the zucchini, oil, ¼ teaspoon pepper and ⅛ teaspoon salt in a large bowl. Arrange the zucchini in single layers on 2 rimmed baking sheets.

4. Bake the zucchini, turning once, until tender, about 10 minutes total.

KIDS DO **5.** Meanwhile, combine 2 tablespoons mozzarella and 1 tablespoon Parmesan in a small bowl. Set aside. Mix egg, ricotta, spinach,

garlic and the remaining 6 tablespoons mozzarella, 2 tablespoons Parmesan, ¼ teaspoon pepper and ⅛ teaspoon salt in a medium bowl.

KIDS DO **6.** Spread ¼ cup marinara in an 8-inch-square baking dish. Place 1 tablespoon of the ricotta mixture near the bottom of a strip of zucchini. Roll it up and place, seam-side down, in the baking dish. Repeat with the remaining zucchini and filling. Top the rolls with the remaining ½ cup marinara sauce and sprinkle with the reserved cheese mixture.

7. Bake the rollatini until bubbly and lightly browned on top, about 20 minutes. Let stand for 5 minutes. Sprinkle with basil before serving.

SERVES 4: 6 rolls each

CAL 315 / FAT 19G (SAT 9G) / CHOL 97MG / CARBS 17G / TOTAL SUGARS 8G (ADDED 0G) / PROTEIN 22G / FIBER 4G / SODIUM 561MG / POTASSIUM 844MG.

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Rainbow Veggie Wraps

ACTIVE: 20 min TOTAL: 20 min

There's definitely a sushi vibe to these wraps. Serve them with store-bought green goddess, a creamy herb-filled dressing, to take it up a notch with ease.

- 4 8-inch multigrain tortillas or wraps
- 1 cup prepared olive hummus
- 2 ounces thinly sliced Cheddar cheese
- 1½ cups baby spinach
- 1 cup sliced red bell pepper
- 1 cup broccoli sprouts
- 1 cup thinly shredded red cabbage
- 1 cup julienned carrots

Green goddess dressing for serving

- KIDS DO** 1. Spread each tortilla with ¼ cup hummus. Top each with one-fourth of the Cheddar, spinach, bell pepper, sprouts, cabbage and carrots. Roll up each wrap.
2. Slice the wraps into 1-inch rounds. Serve with dressing for dipping, if desired.

SERVES 4: 1 wrap each

CAL 391 / FAT 19G (SAT 5G) / CHOL 14MG / CARBS 40G /

TOTAL SUGARS 6G (ADDED 0G) / PROTEIN 13G /

FIBER 7G / SODIUM 791MG / POTASSIUM 214MG.



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ELEVATE GRILLED FARE 3 WAYS: COOK WITH A GLAZE OR SERVE WITH A RELISH OR CREAMY SAUCE AFTER COOKING

Honey-Soy-Ginger Glaze

ACTIVE: 5 min TOTAL: 5 min

TO MAKE AHEAD: Refrigerate for up to 4 days.

Combine ¼ cup **honey**, 2 Tbsp. **reduced-sodium tamari**, 1 Tbsp. **rice vinegar** and 1 tsp. grated peeled **fresh ginger** in a small bowl.

SERVES 6: 1 Tbsp. each

Lemony Dill Sauce

ACTIVE: 10 min TOTAL: 10 min

TO MAKE AHEAD: Refrigerate for up to 2 days.

Combine ¼ cup **reduced-fat sour cream**, 3 Tbsp. **mayonnaise**, 2 Tbsp. chopped **dill pickles**, 1½ Tbsp. chopped **fresh dill**, 1 Tbsp. **lemon juice** and ⅛ tsp. each **kosher salt** and **pepper** in a small bowl.

SERVES 4: 2½ Tbsp. each

Fruit & Cucumber Relish

ACTIVE: 20 min TOTAL: 25 min

Combine 1 cup chopped **strawberries**, ¾ cup coarsely chopped **orange segments**, ½ cup chopped **English cucumber**, ¼ cup chopped **red onion**, 2 Tbsp. each chopped seeded **jalapeño pepper** and **lime juice**, 1 Tbsp. each chopped fresh **cilantro** and **orange juice**, 1 tsp. each **honey** and **lime zest** and ½ tsp. **kosher salt** in a medium bowl. Let stand for 10 minutes before serving.

SERVES 4: ⅔ cup each

NUTRITION INFO: PAGE 114

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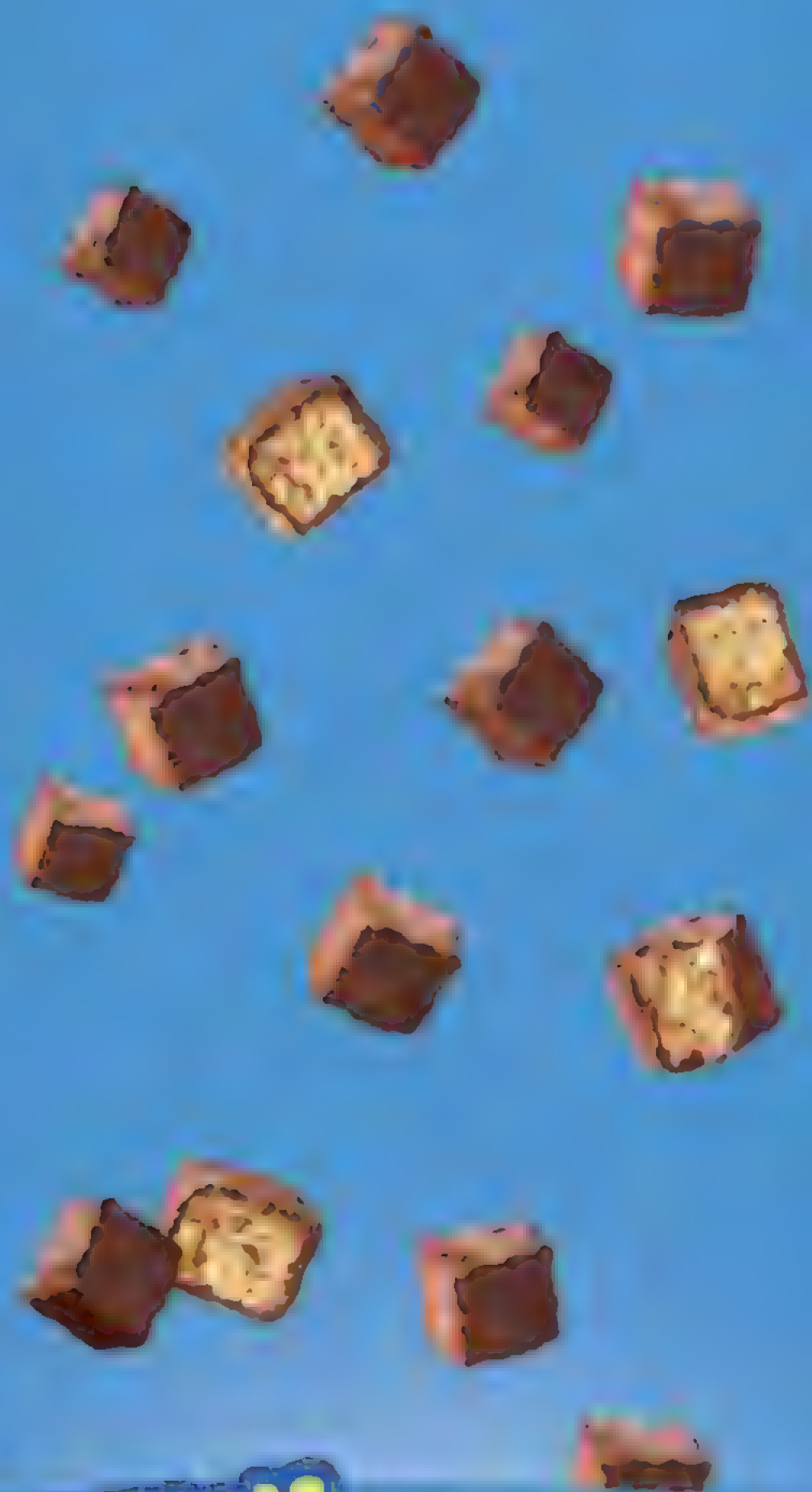


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DINNER TONIGHT EAT MORE VEG!



**Spiralized Vietnamese
 Cucumber Salad**

ACTIVE: 20 min **TOTAL:** 20 min

The dressing for this cool cuke salad is inspired by the Vietnamese dipping sauce nuoc cham. Use your spiralizer's thick noodle attachment to keep the vegetables crisp and prevent the salad from getting too soggy. Watch how to make it at eatingwell.com/cucumbersalad.

- 3 tablespoons lime juice**
- 1 tablespoon fish sauce**
- 4 teaspoons light brown sugar**
- 2 teaspoons peanut oil**
- 2 scallions, sliced**
- 1 small clove garlic, minced**
- ¼ teaspoon crushed red pepper**

- 1 large English cucumber, spiralized and patted dry (4 cups)**
- 1 large carrot, spiralized (3 cups)**
- ¼ cup chopped fresh cilantro**
- 2 tablespoons chopped unsalted peanuts**

Whisk lime juice, fish sauce, brown sugar, oil, scallions, garlic and crushed red pepper in a large bowl until the sugar is dissolved. Add cucumber, carrot and cilantro; toss to combine. Serve sprinkled with peanuts.

SERVES 4: 1 cup each

**CAL 91 / FAT 5G (SAT 1G) / CHOL 0MG /
 CARBS 11G / TOTAL SUGARS 7G (ADDED 4G) /
 PROTEIN 2G / FIBER 2G / SODIUM 370MG /
 POTASSIUM 298MG.**

JACOB FOX; STYLING: GREG LUNA (FOOD), SUE MITCHELL (PROPS)
 RECIPES BY CAROLYN CASNER, ADAM DOLGE



THE FENNEL WORD

Fresh fennel is sometimes confused with similarly flavored anise and can even be labeled that way in stores.

They're actually different plants. (The only part of the anise plant that's usually sold are its seeds.)

Broiled Fennel with Parmesan Cheese

ACTIVE: 15 min **TOTAL:** 15 min

The nutty saltiness of Parmesan cheese is an excellent match for the sweet, delicate licorice flavor of fennel.

2 tablespoons extra-virgin olive oil

¼ teaspoon crushed red pepper

2 medium fennel bulbs (about 12 ounces each), preferably with fronds attached

½ teaspoon salt

¾ cup finely grated Parmesan cheese

1. Position rack in upper third of oven. Preheat broiler to high.
2. Mix oil and crushed red pepper in a

small bowl. Trim stalks off fennel and discard, reserving fronds for garnish. Stand the fennel upright and cut the bulb lengthwise into ½-inch-thick slices. Arrange the slices in a single layer on a rimmed baking sheet. Brush with the oil mixture and sprinkle with salt. Broil until charred and tender, about 8 minutes. Sprinkle evenly with cheese. Broil until the cheese is bubbly, 1 to 2 minutes. Serve topped with chopped fronds, if desired.

SERVES 4: 3 slices each

CAL 129 / FAT 9G (SAT 2G) / CHOL 6MG /

CARBS 10G / TOTAL SUGARS 5G (ADDED 0G) /

PROTEIN 3G / FIBER 4G / SODIUM 261MG /

POTASSIUM 499MG.

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Spring Vegetable Salad with Chicken & Buttermilk-Herb Dressing

ACTIVE: 20 min TOTAL: 20 min

TO MAKE AHEAD: Refrigerate dressing (Step 1) for up to 4 days.

Using dried herbs gives you a more intense flavor blast and cuts down on prep time. But if you prefer the flavor of fresh, use 3 tablespoons fresh for each 1 tablespoon dried.

¾ cup buttermilk

½ cup mayonnaise

2½ tablespoons lemon juice

1 tablespoon dried dill

1 tablespoon dried tarragon

1 teaspoon salt

4 cups chopped romaine lettuce

3 cups shredded cooked chicken breast

2½ cups sugar snap peas (8 ounces), trimmed and halved

2 cups sliced celery

1½ cups sliced cucumber

1½ cups cherry tomatoes, halved

½ cup sliced red onion

½ cup toasted sliced almonds

1. Whisk buttermilk and mayonnaise in a large bowl until smooth. Whisk in lemon juice, dill, tarragon and salt.

2. Add romaine, chicken, snap peas, celery, cucumber, tomatoes and onion to the dressing and toss to coat. Top with almonds.

SERVES 6: 2 cups each

CAL 341 / FAT 21G (SAT 3G) / CHOL 68MG / CARBS

12G / TOTAL SUGARS 6G (ADDED 0G) / PROTEIN 27G /

FIBER 4G / SODIUM 646MG / POTASSIUM 696MG.



NO COOKED CHICKEN?

Leftover chicken works great in this recipe, but if you don't have any, start here: Add 2 bone-in chicken breasts to a large pot with 4 cups water or broth. Bring to a bare simmer; cook until an instant-read thermometer inserted in the thickest part registers 165°F, 25 to 30 minutes.



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FIBER ADVANTAGE

People who eat plenty of high-fiber foods, such as the whole-wheat pasta and veggies here, may reduce their risk of developing type 2 diabetes.

Cherry Tomato & Garlic Penne

ACTIVE: 20 min **TOTAL:** 20 min

Cooking garlic cloves whole and then mashing them into the sauce not only saves time, it creates a mellow garlic flavor that melds into the silky burst cherry tomatoes seamlessly.

- 8 ounces whole-wheat penne pasta**
- 2 tablespoons extra-virgin olive oil**
- 6 cloves garlic, peeled**
- 2 cups cherry tomatoes**
- 1 medium yellow squash, halved and sliced ¼ inch thick**
- ¾ teaspoon salt**
- 1 cup chopped fresh basil**
- 1 cup pearl-size or mini mozzarella balls (about 4 ounces)**
- ¼ cup finely grated Parmesan cheese**

1. Bring a large pot of water to a boil. Add pasta and cook according to package

directions. Reserve ¼ cup cooking water, drain the pasta and cover to keep warm.

2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add garlic, reduce heat to medium and cook, stirring, until it begins to soften and turn light golden, about 3 minutes. Add tomatoes, squash and salt; cook, stirring occasionally, until the squash softens and the tomatoes begin to burst, 4 to 5 minutes. Lightly mash the garlic with the back of a spoon. Remove from heat.

3. Add the pasta and reserved cooking water to the pan along with basil and mozzarella; toss to combine. Serve topped with Parmesan.

SERVES 4: 1½ cups each

CAL 385 / FAT 15G (SAT 5G) / CHOL 25MG / CARBS 49G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 16G / FIBER 7G / SODIUM 622MG / POTASSIUM 609MG.

Make your shallots sing, chilis pop, chives soar and shrimp dance.



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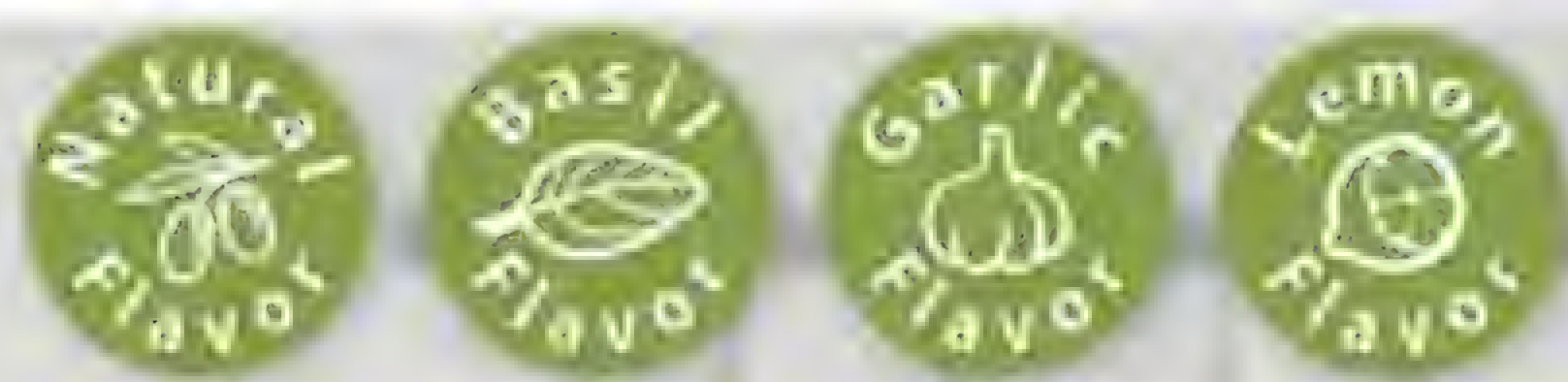
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**CHEF CHRIS GOULD**

believes your food is only as good as the quality of your seasonal ingredients, like the asparagus in this spring salad. "Wait until your local farmstand has really good fresh stuff," he says. He and his wife, Paige, own two restaurants, Central Provisions and Tipo, in Portland, Maine.



Asparagus Salad with Smoked Salmon & Meyer Lemon Vinaigrette

ACTIVE: 45 min **TOTAL:** 45 min

The big punch of this salad comes from gribiche, a creamy French herb sauce with chopped egg. The greens get a toss in a vinaigrette, made floral with Meyer lemon. Can't find Meyer lemon? Substitute regular lemon.

- 3 cloves garlic, divided
- 1 pound asparagus, trimmed
- 6 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 large hard-boiled egg, chopped
- 2 tablespoons minced shallot
- 1½ tablespoons mayonnaise
- 1 tablespoon rinsed capers, finely chopped
- 1 tablespoon sliced fresh chives

- 1 tablespoon finely chopped fresh parsley
- 1 tablespoon finely chopped fresh tarragon
- Zest & juice of 2 Meyer lemons, divided
- ½ teaspoon honey
- 8 cups watercress
- 4 cups chopped frisée
- 4 cups chopped radicchio
- ¼ cup sliced red onion
- 6 ounces sliced smoked salmon
- ¼ cup toasted hazelnuts, coarsely chopped

1. Preheat oven to 425°F.
2. Lightly crush 2 garlic cloves with the side of a chef's knife. Transfer to a large bowl and add asparagus, 1 tablespoon oil and ¼ teaspoon each salt and pepper; toss to combine. Transfer to a large rimmed baking sheet. Roast, stirring once, until tender, 6 to 8 minutes.

3. Meanwhile, grate the remaining garlic clove into a small bowl. Stir in 1 tablespoon oil, egg, shallot, mayonnaise, capers, chives, parsley, tarragon, ½ teaspoon lemon zest, 2 tablespoons lemon juice and ¼ teaspoon each salt and pepper.

4. Whisk honey and the remaining 4 tablespoons oil, 1 teaspoon lemon zest, 2 tablespoons lemon juice and ¼ teaspoon each salt and pepper in the large bowl. Add watercress, frisée, radicchio and onion and toss to combine. Divide the herb sauce among 4 plates. Top with the greens, asparagus, smoked salmon and hazelnuts.

SERVES 4: 2½ cups each

CAL 375 / FAT 31G (SAT 5G) / CHOL 59MG / CARBS 12G / TOTAL SUGARS 3G (ADDED 1G) / PROTEIN 14G / FIBER 4G / SODIUM 717MG / POTASSIUM 712MG.

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Chicken & Wild Rice Soup with Asparagus & Peas

ACTIVE: 30 min **TOTAL:** 3½ hrs to 6½ hrs

EQUIPMENT: 5- to 6-qt. slow cooker

Adding the asparagus and peas to the slow cooker for the last 20 minutes of cooking and leaving the lid off ensures that the vegetables stay bright green and are perfectly done without getting mushy.

2 tablespoons extra-virgin olive oil, divided

1¼ pounds bone-in chicken thighs, skin removed

7 cloves garlic, divided

6 cups unsalted chicken broth

1 medium leek, white and pale green parts only, sliced

1 large carrot, halved lengthwise and sliced ¼ inch thick

½ cup wild rice

1¼ teaspoons kosher salt

¾ teaspoon ground pepper

8 ounces asparagus, trimmed and cut into 1-inch pieces

1½ cups English peas, fresh or frozen (thawed)

1 tablespoon chopped fresh parsley

1 tablespoon chopped fresh chives

1 tablespoon lemon juice

8 ½-inch-thick slices whole-wheat baguette, toasted

1. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add chicken and cook, turning once, until deep golden brown, about 5 minutes total. Transfer to a 5- to 6-quart slow cooker. Finely chop 6 garlic cloves and add to the slow cooker along with broth, leek, carrot, wild rice, salt and pepper.

2. Cover and cook until the chicken is cooked through and the rice is tender, 3 hours on High or 6 hours on Low. Transfer the chicken to a clean cutting board and shred into bite-size pieces; discard bones.

3. Add asparagus and peas to the slow cooker; cook on High, uncovered, until the vegetables are bright green and tender, 15 to 20 minutes. Stir in the shredded chicken, parsley, chives and lemon juice.

4. Halve the remaining garlic clove and rub the cut sides over both sides of toasts. Drizzle the toasts with the remaining 1 tablespoon oil. Serve the soup with the toasts.

SERVES 8: 1¼ cups & 1 toast each

CAL 322 / FAT 8G (SAT 2G) / CHOL 36MG / CARBS 44G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 20G / FIBER 4G / SODIUM 731MG / POTASSIUM 355MG.

ALL TASTE. NO DRAMA.

Sit back and enjoy
60 calories and 70% less
saturated fat than butter,
per serving*.



*1 Tbsp: 2 g sat fat, 6 g total fat;
Butter: 7 g sat fat, 11 g total fat



Olive Oil Tea Cake

ACTIVE: 20 min **TOTAL:** 2¼ hrs

TO MAKE AHEAD: Store airtight at room temperature for up to 2 days.

Besides its normal role as a fat, olive oil adds flavor to this delicate cake. This is the perfect place to use a fancy olive oil. Serve with whipped cream, strawberries, balsamic glaze and fresh basil, if you like.

2 cups white whole-wheat flour,
plus more for dusting

1 teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon salt

3 large eggs

¾ cup buttermilk

¾ cup extra-virgin olive oil

¾ cup sugar

1 teaspoon vanilla extract

1 teaspoon lemon zest

1. Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray and dust with flour.

2. Whisk flour, baking powder, baking soda and salt in a large bowl. Whisk eggs, buttermilk, oil, sugar, vanilla and lemon zest in a medium bowl. Add the wet ingredients to the dry ingredients and stir until just combined. Scrape the batter into the prepared pan.

3. Bake the cake until a toothpick inserted in the center comes out clean, about 1 hour. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool completely, about 1 hour.

SERVES 12: 1 slice each

**CAL 267 / FAT 15G (SAT 2G) / CHOL 47MG /
CARBS 28G / TOTAL SUGARS 13G (ADDED 13G) /
PROTEIN 5G / FIBER 2G / SODIUM 189MG /
POTASSIUM 68MG.**

ALL TASTE. NO DRAMA.

Unbelievable buttery
taste. 60 calories per
serving. 70% less
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*1Tbsp: 2 g sat fat, 6 g
total fat; Butter 7 g sat
fat, 11 g total fat



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FRESH IDEAS FOR EVERY DAY

GOOD LIFE

Garden Party

Instead of a traditional Mother's Day bouquet, take Mom to the blooms—and a brunch you'll both love. Turn the page for five spots to check out this May 12. By Debra D. Bass

Missouri Botanical Garden

WILL TRAVEL FOR:

Garden Brunch

Brooklyn Botanic Garden

On Mother's Day, **Yellow Magnolia Café** takes its fantastic brunch to the next level by moving from its usual location to the garden's Palm House, a dazzling glass venue reserved for special events. On the elaborate buffet, you'll find white raspberries, strawberries, figs and chia seeds mixed into coconut yogurt; eggs with braised rainbow chard and chickpeas; and buttermilk biscuits with salted molasses butter. As you brunch, enjoy the view of the lily pool, home to hundreds of water flower varieties. Mother's Day menu: \$75 adults, \$25 kids 9 and under; yellowmagnoliacafe.com

Chicago Botanic Garden

The gardens are situated on nine islands in the Skokie Lagoons, so for Mother's Day **Garden View Café** goes alfresco to take advantage of the water views. Try the lemon ricotta pancakes with blackberry compote and vanilla butter; or go for the omelet station, with options like lobster and *caciotta al tartufo*, a cow- and sheep's-milk cheese made with truffles. After, stroll through the vegetable garden to see flowering crabapple trees, plus organic kale, spinach and collards destined for the local farmers' market. Mother's Day menu: \$68, discounts for members and children; chicagobotanic.org

Sherman Library & Gardens

The mild coastal climate of Corona del Mar, California, means this garden bursts with vibrant flowers all year long. In spring, you'll find rosy cactus flowers, multicolored fuchsias and an explosion of dahlias. Blueberry bushes and grapevines wind around **Café Jardin**, along with an herb garden that enriches many dishes served at the four-course Sunday brunch. Plates that may cross your table include a Mediterranean vegetable frittata or grilled steak chimichurri with herb risotto and sautéed wild mushrooms. The café also offers crepes and afternoon tea on select days of the week. Weekend brunch menu: \$39.50; slgardens.org



The May 12 buffet at the **Brooklyn Botanic Garden** is held in the 100-year-old Palm House conservatory. Dishes have included sweet corn & basil soufflé with chèvre and baby purple mustard greens salad.

Atlanta Botanical Garden

The only Mother's Day decorations contemporary restaurant **Longleaf** needs are right outside its floor-to-ceiling windows: drifts of tulips and hyacinths. On your plate, expect some of executive chef Jason Paolini's innovative creations. He whirls English peas into a verdant soup with a hint of mint, served chilled with Louisiana crawfish and orange segments. For those with a sweet tooth, try the French-toast bread pudding made from sliced cinnamon rolls and topped with macerated berries. Plates are embellished with edible flowers on display in the 30-acre garden oasis set in the heart of midtown. Entrees start at \$13; atlantabg.org

Missouri Botanical Garden

Meander down Magnolia Walk, past the rose garden and around the blooming irises to the heart of this 79-acre St. Louis garden: **Café Flora**. Dine on quiche laden with Ozark forest mushrooms and local Gouda while gazing at the sculpture garden and reflecting pools dotted with water lilies (*previous page*). Fresh produce from nearby Three Barn Farm is regularly incorporated into the menu for dishes like breakfast burritos made with tomatoes, jalapeños and bell peppers. The farm expects a bumper crop of asparagus and okra, so look to enjoy plenty of these veggies. Entrees: \$10-\$13; missouribotanicalgarden.org

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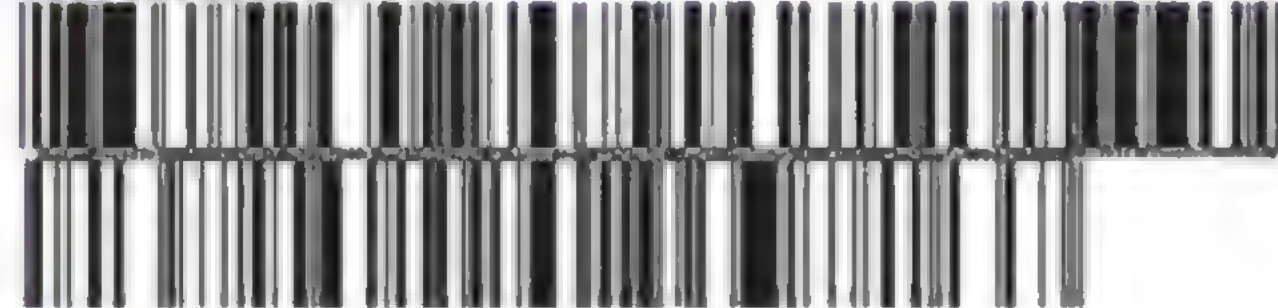
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People Food for Your Pets

Want to spice up your dog or cat's diet with the occasional human treat? Here's how to make sure you offer up the right foods in the right amounts.

By **Deborah Linder**, DVM, M.S., DACVN.
petfoodology.org

PUP PREFERENCES If your dog loves a little crunch, try celery or carrots. Freezing makes these foods even snappier and can help soothe a teething puppy's gums. Some dogs also like fruits because they're sweet. Apple slices, strawberries, blueberries and bananas are good options. (Pro tip: Soft fruits are great for hiding medications.) Peanut butter and lean meats are also fine in moderation.

FELINE FAVORITES Cats care more about texture than flavor. (Fun fact: they don't have sweet taste receptors like canines do.) Does your feline go for chewy cat treats? Try zucchini, cooked oatmeal or cantaloupe. Crunch fans? Go for bell pepper. Cooked meat—such as lean ground turkey or chicken breast—is always a favorite as an occasional treat. As for milk, skip it. Many cats are lactose-intolerant.

CALORIES COUNT More than half of pet cats and dogs in the U.S. are overweight, which can shorten their life span. So no more than 10 percent of their daily calories should come from treats like people food. That's about 20 calories for the average 12-pound cat (the amount in 1½ tablespoons chopped chicken breast). For a 70-pound dog, it's 100 calories, which is about 1 tablespoon of peanut butter. Picking a lower-calorie option means you can treat more often. When in doubt, ask your vet how much you should feed your pet.

Fruit slices are fine, but remove pits, seeds and stems. These parts contain toxic compounds.

FOODS TO KEEP AWAY FROM YOUR PET

- Alcohol
- All alliums (chives, garlic, onions, shallots, leeks, scallions)
- Chocolate, coffee and other foods with caffeine
- Grapes and raisins
- Macadamia nuts
- Moldy food
- Raw yeast dough
- Xylitol (artificial sweetener common in chewing gum)

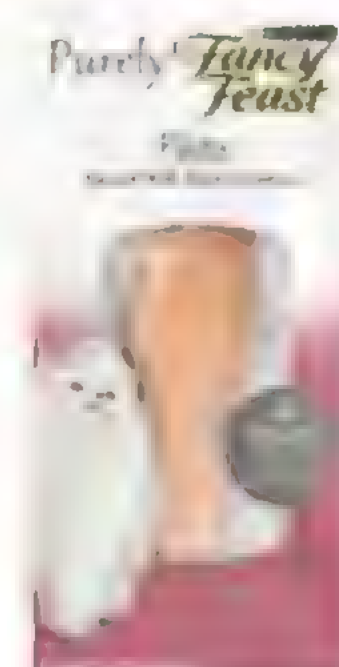
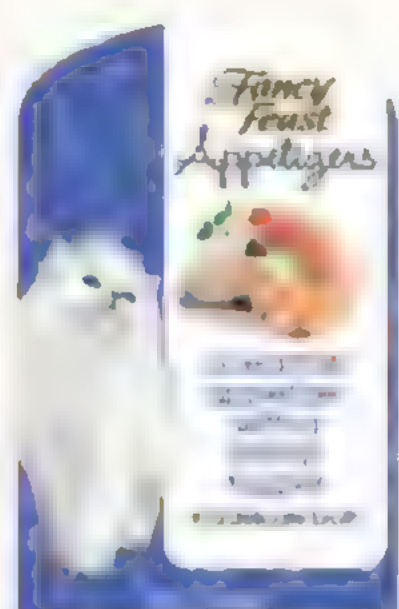
If you think your pet has eaten something toxic, call your vet or the ASPCA poison control helpline: (888) 426-4435

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3 MORE WAYS TO PLAY WITH YOUR FOOD

RADDISH KIDS

Time to build those sous chef skills. The illustrated recipes in this kit walk kids through techniques like safely mincing garlic or using a blender. It also includes a kid-size cooking tool plus activities like dinner conversation starters and grocery store scavenger hunts. (\$24/kit; raddishkids.com)

VEGGIE BUDS CLUB

Get your kid to eat more veg. Each produce-themed kit comes with gardening activities, coloring sheets, a picture book and recipes that make veggies the star of the plate. (Starting at \$22/kit; veggiebudsclub.com)

HARLOW'S HARVEST

When it comes to raising a healthy eater, this kit does double duty. Not only does it teach your kids how to cook, it also highlights nutrition and the importance of eating homemade meals. (\$20/kit; harlowsharvest.com)

GET FIRED UP

Kids who did a cooking activity tried about 2½ new veggie dishes when offered a spread of unfamiliar snacks. Those who didn't cook tried fewer than two.

Source: Appetite

Raise a Fearless Eater

When the ambition to introduce your kid to new cuisines runs smack into reality—picky palates, busy schedules and impossible-to-find ingredients—kits can make life a little easier and more delicious. **By Rachel Meltzer Warren**

Hey, how about we go to Morocco for dinner tonight?" I asked my 6-year old. Liliana raised her eyebrow at me. Then I brought out the Eat2Explore kit. Each box focuses on one of 15 countries—such as Israel, Singapore or Mexico. It comes with three recipes, shelf-stable ingredients (usually ones that tend to be hard to track down, like za'atar or Japanese bonito flakes), a shopping list for the fresh groceries, and easy-to-follow instructions. The box also includes activity sheets and brochures with info about

each country, plus flag pins and stickers for little cooks to put in their Eat2Explore passports. Boxes are available individually or by monthly subscription.

My daughter jumped with excitement—the combined promises of great food, time in the kitchen together and, let's be honest, *stickers*, completely won her over. Over the course of a week we prepared the recipes: kebabs with crispy potato and zucchini pancakes, veggie tagine and a spiced flatbread. We also learned about the geography of Morocco, local

animals, how to count to 10 in Arabic and fun facts. (Did you know a camel can drink 53 gallons of water in three minutes?!)

In our kitchen, the zucchini pancakes were a hit and we've added couscous to our regular dinner rotation. Some of the stronger spices were a little much for my particular kindergartner's tastes, but we all agreed that it was super-fun to smell different-to-us aromas coming from our plates. And the time we spent together cooking, learning and tasting was the best souvenir we could ask for. (\$25/kit; eat2explore.com)



"The toaster? Yeah, hang a left when you get to the fireplace...
then a quick right at the fridge."

How to Live Through Your Kitchen Redo

By Helen Ellis

Here's what nobody tells you about redoing your kitchen: it'll never be perfect and you'll eat like an indiscriminate teenager. The sooner you accept this, the easier living through your kitchen renovation will be. But first things, first: out with the old.

Purge. Empty your cabinets of all that's expired. Did you marry your husband with that cinnamon? Dump the old spice. Get rid of outdated saltines and soup, half boxes of taco shells and duplicate Jif. You'll never make tea from all those tea bags. Those sprinkles have stuck. Your olives have grown eyelashes. Now weed your utensils. You don't need two garlic presses, two salad spinners or two ice cream scoops. No, you do not. That spatula is half-melted. That bread knife is duller than your great-grandma's nut cutter. Yes, the cliché is that there's nothing duller than watching paint dry, but when you at long last see paint dry in your kitchen, you will be thrilled.

Pack your dishes and glasses. You think you'll continue to set the table and eat like civilized adults while your kitchen is out of order. You tell yourself you'll hand-wash your Fiesta ware in the bathroom sink. You'll roast baby carrots over candlelight. No, you will not. Be realistic: you'll eat on the coffee table in front of *Family Feud*. Be optimistic: every meal is a picnic. Be romantic: these are your salad days. "Salad days" means eating potato chips and a pound of Brie off baguettes. And then ordering a pizza. Or fried chicken. Buy plastic cups and paper plates. Don't bother with knives or sporks because all food is now finger food.

Plug your fridge into a living room outlet. Say goodbye to decorum and company. There is no reason to entertain while your kitchen is plastic-wrapped like a UFO contamination site. Enjoy your privacy. It's just you and yours—and two to four construction workers at any given time.

Don't panic. When workmen take hatchets to your old cabinets with the

gentility with which Jack Nicholson went at Shelley Duvall's bathroom door in *The Shining*, don't scream and swing a baseball bat like Shelley Duvall did in *The Shining*. Say thank you and offer them bottled water from your living room fridge.

Pony up. Order your dream fridge to replace your old fridge that is now your living room fridge that came with the old kitchen and hums like a weird dentist. Order your dream oven to replace the one you have to sweet talk to preheat. Order your dream dishwasher to replace the one that rocks like a dryer with sneakers inside. The thing is: you will not remodel your remodeled kitchen for a very long time, if ever again. So don't scrimp on appliances that you use every day. You don't need a fancy Sub-Zero fridge with a built-in TV and nanny cam, but if you want a custom-colored cherry-red refrigerator for an extra couple hundred dollars, you buy it.

Be patient. When your dream cherry-red refrigerator is delivered and does not fit through the kitchen door, take the doors off the fridge. When it still doesn't fit because the ice maker hookup sticks out like a hitchhiker's thumb, don't let go of your dream. Adjust your expectations: saw off the nub, you'll make your own ice. Adjust your attitude: embrace the surreal. Buy ice trays with molds in the shapes of goldfish and Legos, dentures and brains. This will lure party-goers back to your parties. It will also make the construction workers a little nervous about you.

Be practical. Cooking is messy. No matter how careful you are in your new kitchen, splatter happens. You'll drop a meatball and then you'll step on that meatball. And *sticky fingers* ain't just a Rolling Stones album. So, choose glossy wall paint instead of flat because Mr. Clean's magic eraser is only so magical. Terra cotta floors are harder to clean than a crime scene. And stainless steel gets scratched. I know this because I've made such mistakes.

And here's what else nobody tells you about redoing your kitchen: you'll make mistakes. You thought you'd use that under-the-sink Rubbermaid trash can on a trolley. You thought you'd stack condiments on stackable shelves. You don't like eggs, so why did you let the salesperson convince you to get custom-made egg drawers for your fridge? The sooner you forgive yourself (and buy an 8-gallon step-on steel trash can and multiple lazy Susans, and start storing Chinese-delivery duck sauce packets in your egg ovals), the easier enjoying your new kitchen will be.

HELEN ELLIS is the author of the short story collection *Southern Lady Code*. She tweets every day @WhatIDoAllDay.



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GOOD HEALTH

Behind the Emerald Curtain

Green juice isn't a new concept, but drinking straight-up celery in the name of better health? We look at the science. **By** *Kavin Senapathy*

MEET THE LATEST MIRACLE CURE GONE VIRAL.

Proponents say slugging entire glasses of juiced celery lowers blood sugar, blood pressure and cholesterol, improves digestion and fends off inflammation, anxiety and even certain cancers. (And this is the *abridged* list of claims.) But what makes celery juice so special?

The most popular explanation for its purported healing powers is that celery contains a cluster of sodium believed to strengthen the electrical impulses between neurons, improving brain function; to increase stomach acid, aiding digestion; and to break down the cell membrane of pathogens, destroying them on contact. And the only way to get a big-enough dose is to drink an entire head of celery.

The problem: No data supports that this sodium cluster exists, let alone has any benefits. "This is snake-oil salesmanship of the worst kind," says Rachele Pojednic, Ph.D., Ed.M., an assistant professor of nutrition at Simmons University. She adds that there's also no reason to think sipping celery is healthier than crunching it whole. We love celery—it *is* a vegetable—but juicing it strips out the fiber.

Some evidence suggests that compounds like antioxidants and phytochemicals in celery may lower blood sugar and cholesterol—in theory. The science has been conducted in petri dishes and rodents and is far too early to apply to humans. And, in excess, it could cause skin reactions or interact with prescriptions.

Bottom line: As appealing as a simple fix sounds, the science isn't there. We don't want you to feel disappointed if you don't get the results you're hoping for.



Step Up Your Health

It's convenient. It's free. And it comes with a wealth of benefits. Don't underestimate the power of America's favorite physical activity—walking! Witness some of the latest evidence. **By Karen Asp**

SIT LESS, MOVE MORE

Spending too much time on your tush can lead to numerous health woes. But here's an easy fix: After an hour of sitting, walk around for two minutes. It could reduce your risk of early death by 33%!

SOURCE: CLINICAL JOURNAL OF THE AMERICAN SOCIETY OF NEPHROLOGY

Walk It Off Find out how to reach your weight-loss goals at eatingwell.com/walking

1. STABLE BLOOD SUGAR

A short jaunt around the block after you eat could help keep your blood sugar steady, especially if you have type 2 diabetes, according to research published in the journal *Diabetologia*. When adults with the condition walked for 10 minutes following every meal, they lowered their blood sugar 12 percent more, on average, than when they took a single 30-minute stroll each day. "Walking uses large muscles in your legs and torso—which require a lot of energy," explains Andrew Reynolds, Ph.D., lead study author and postdoctoral fellow at the University of Otago in New Zealand. "To get that energy, those muscles remove sugar from circulation and your blood sugar goes down." He adds that after-meal walks may also help prevent diabetes in the first place.

2. BETTER HEART HEALTH

You don't need crazy-hard cardio to strengthen your heart. A review of data from more than 130,000 women, published in the *Journal of the American College of Cardiology*, found that those who walked at least 30 minutes a day significantly lowered their risk of heart failure. Other research has found that exercisers—and most of them were walkers—reduced systolic blood pressure (the top number) by an average of nearly 9 mmHg, an improvement similar to that from medication, according to a meta-analysis in the *British Journal of Sports Medicine*. Getting at least 150 minutes of moderate-intensity exercise, like brisk walking, each week is the benchmark for heart benefits, according to the American Heart Association.

3. IMPROVED FERTILITY

For couples trying to get pregnant, here's a reason to hoof it: researchers from the UMass Amherst found that overweight and obese women who regularly walked for at least 10 minutes at a time were nearly twice as likely to conceive as those who didn't go for a stroll. The researchers say that being at an unhealthy weight—which applies to nearly three-quarters of us—is linked to higher levels of chronic inflammation, which can affect fertility. But walking reduces that inflammation and also may lower stress levels, both benefits that improve your odds of welcoming that bundle of joy.



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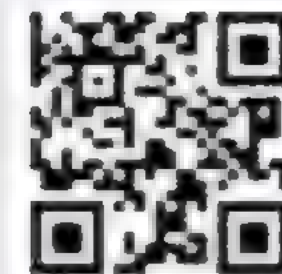
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Is Vegan Really the Healthiest Diet?

Some of the things you read about this plant-based diet would have you believe that the omnivores among us are doomed to extinction (or at least disease). Here, *EatingWell* separates the solid science from the hype. **By Patrick Clinton**

One of the most important forces reshaping the American diet is the quest for a magic bullet: a simple all-powerful *something* that we can eat (or avoid) to find ourselves instantly slim, healthy, beautiful and wise. Kale, acai, alkaline water, gluten-free, anything—we're ready to believe.

Lately, veganism—avoiding all animal products, including eggs, dairy and honey—is the bullet of choice among the glamorous. Gwyneth Paltrow, the celebrity health queen, is unsurprisingly vegan. So's Venus Williams. And Beyoncé has periodically cut out animal products in preparation for concerts to give her more energy, and urged her Instagram followers to do the same.

But some advocates are spouting “facts” about veganism and health: They declare that the World Health Organization (WHO) said eating meat is as carcinogenic as smoking. (It isn't, and the WHO didn't.) Or that eating an egg a day contributes as much to cardiac disease as smoking five cigarettes a day. (Totally overblown.) These claims paint a portrait of veganism as the *only* truly healthy diet, and that anything else as just slow poison.

OK, but is veganism really the dietary be-all and end-all? Look into the individual claims and you're likely to come away confused. Some research (well, the single paper that I was able to find) links eggs to increased arterial plaque. But others, including one gigantic Chinese research

project, suggest that eggs may *reduce* heart disease risk. Science as a whole does a good job of figuring out the world. Individual studies, however, are often wrong—as much as 40 percent of the time. If you want to know what science says about a huge multifaceted question like diet and health, you have to look at a *lot* of science.

So what does a lot of science say about veganism?

Before we answer, let's stop and acknowledge a couple of things: First, health isn't the only, or even the primary, reason to go vegan. Ethical and environmental concerns are enough on their own to make someone choose the plant-based path. Two topics deserving of their own articles, so we won't get into them here.

Second, eating vegan doesn't automatically mean you're eating *well*. Nutter Butters are vegan. Not to mention unfrosted Pop Tarts. And even a junk-free vegan diet raises health concerns. When the Academy

(continued on page 60)



The healthiest thing you can consume is good information.

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CAMPBELL

Center for
Nutrition Studies

\$3.1 billion

Amount Americans spent on plant-based foods last year, up 8% from 2017.

Source: Gallup Poll, August 2018



(continued from page 58)

of Nutrition and Dietetics finally acknowledged in 2016 that vegetarianism and veganism are healthy ways to eat, the group qualified its endorsement by warning that veganism in particular can lead to serious nutritional deficiencies. Greens contain calcium, for instance, but your body can use only about 5 percent of the calcium in spinach compared to about 30 percent of that in milk. Vegans face similar concerns for adequate intake of iron, omega-3 fatty acids, vitamin D and vitamin B₁₂.

That last one is especially tricky. B₁₂ is almost completely absent from plant-based foods. And multiple studies show that up to 60 percent of vegans are B₁₂-deficient, which, if severe enough, can lead to numbness, poor balance, depression, paranoia, memory loss, incontinence and a number of other serious problems. And, unfortunately, symptoms might not start showing up until you've been deficient for years.

But, you are reading a magazine that promotes healthy eating, so let's assume that you would do everything right: take your supplements, get enough calcium and iron, and eat a well-balanced vegan diet. Is going vegan, as many people claim today, the absolute *best* way to stay healthy?

Science's current answer is far from definitive and isn't particularly satisfying. Yes, the vegan diet is good for you. There's pretty strong consensus that it's *one* of the best diets, right up there with the Mediterranean diet, the traditional Okinawan diet and the rest of the "Blue Zone" all-stars (which all include animal products). But *the* best? Maybe. And you're not likely to get a better answer than that anytime soon.

The biggest, latest, most sophisticated review of research on vegetarianism, veganism and health appeared in 2017 in the journal *Critical Reviews in Food Science and Nutrition*. The authors identified 86 high-quality studies of vegetarianism and 24 on the vegan diet, covering a total of more than 130,000 vegetarians and 15,000 vegans. The results: Vegetarians and vegans in general have lower body mass index (BMI), cholesterol and blood glucose compared to omnivores. Vegetarians are

less likely to be diagnosed with ischemic heart disease (what happens when plaque narrows your arteries), and they have an 8 percent lower risk of cancer than omnivores. Vegans reap all the benefits of vegetarianism, plus their cancer risk is 15 percent lower than that of omnivores. That's all pretty good news. Here are the caveats: Vegetarianism and veganism may protect you from ischemic heart disease, but they don't seem to offer significant protection from *deaths* from ischemic heart disease, total heart disease or cancer. And the cancer results, though they align well with what scientists believe about diet and cancer, are based on just two studies. That wouldn't be enough to get a new drug approved by the FDA; is it enough on its own to justify a big life change?

Most dietary studies rely on observation. You gather together a bunch of people who are already vegan and a bunch of omnivores, and track what they eat. It turns out that the vegans have better lab tests and less disease. But did the veganism *cause* these effects? That's surprisingly hard to prove. For example, vegans as a group have a lower BMI than typical Americans. (That makes sense. Just try and pack on the pounds on a well-planned vegan diet.) High BMI contributes to heart disease, diabetes and cancer. So which was it—the lower weight (which you can achieve without going vegan) or the diet itself? And, if it's the diet, was it the lack of meat, the addition of more plants, or both?

"The kind of study required to answer these questions would be a trial where people are randomly assigned to Mediterranean versus vegetarian and pescatarian versus vegan," explains *EatingWell* advisor David L. Katz, M.D., M.P.H., author of the eminently sensible book *The Truth About Food*. "And it would need to last a *lifetime*. Frankly, since there are some pre-birth influences, an even better version of this hypothetical study would randomly assign 10,000 pregnant women to follow these different diets. They would exclusively breastfeed and then their babies will pick up the baton and be the participants. It's never been done, it never will be done."

And realistically, it doesn't need to be. Sure, there's lots we don't know about the effects of the vegan diet, or the Mediterranean or Okinawan diets or any of the other contenders for that matter. But we do know that all of them seem to be spectacularly better than today's average American diet. Even if a winner emerges, the final rankings might not matter much when considered next to individual genetic differences, lifestyle choices or even random external events. Imagine: After 100 years of study, we learn that the Okinawan diet leads to a 1 percent lower risk of cancer than any other. But to get to your local seaweed purveyor you have to cross the most dangerous intersection in town. Is there a net gain?

That said, here's one advantage of going vegan that you might not have thought of: It's conceptually simple. You're not thinking about calories or whether your serving of stew has 3 ounces of meat or 6; you're just dealing with one easy-to-understand (though not always easy-to-follow) standard: Is it plant-based?

So what moves you? Is it the possible reduction in disease risk? Do you want to do your bit to be kinder to chickens or (maybe) to reduce the carbon footprint of agriculture? Is it that you simply want to eat more vegetables—which *EatingWell* will always get behind? Do you want to be more like Beyoncé? (We find our inspiration where we find it.) Then you might want to go vegan. But you're not obeying a scientific imperative. There are no guarantees that there's not a marginally better choice out there, but as of today no one can tell you conclusively what that better choice is, or if it even exists.

If you are making the switch, good luck. Sincerely. Don't let some hyper-carnivorous in-law lure you into an argument at you next family do. (He'll try.) And take your B₁₂. It's important.

PATRICK CLINTON is a long-time journalist, educator and master science distiller. He has covered food, health, weird nature facts, Chicago politics and pharmaceuticals for a variety of publications. He lives in New Jersey.

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4 WAYS TO

Improve Your Cholesterol

More than a third of American adults have unhealthy levels of this artery-clogger. Here's what to do about it. **By Hallie Levine**

Every cell in your body contains cholesterol—it's an important building block for tissues that make up your organs—but if your levels are out of whack, it can spell all kinds of health trouble. Too much LDL cholesterol gloms up the walls of your blood vessels and can lead to heart disease. HDL, on the other hand, is considered the “good” cholesterol because it transports LDL out of your body. So low HDL is actually an issue. (Find out what your cholesterol numbers mean at eatingwell.com/cholesterol.) Try these simple strategies to bring your levels back into balance.



GO TO SEED Oils made from seeds like sunflower, safflower and flax were shown to be most effective for lowering LDL cholesterol, according to German researchers—especially as a replacement for butter. (For the record, safflower topped the list, followed by canola and sunflower.) Other plant-based oils have perks too. Soybean and corn oils were found to help reduce triglycerides—another type of fat in the blood, similar to LDL, that can cause heart disease.

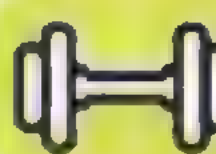


CRUNCH ON THIS A nut-rich diet can do wonders for your cholesterol. People who consume around 2½ ounces a day (about two big palmfuls) typically lower their LDL cholesterol by a substantial 7 percent, according to a meta-analysis published in the *Archives of Internal Medicine*. One reason nuts may improve cholesterol is because they act as prebiotics—meaning they

feed the good bacteria in your gut. Prebiotics encourage these bugs to generate beneficial compounds, such as butyrate, a substance that triggers enzymes that help tamp down your blood cholesterol.



GET DOWN WITH GRAINS Oats always steal the spotlight for their cholesterol-lowering qualities, but barley is also worth digging into. Adults who added barley to their diets reduced LDL levels by 7 percent, on average, according to a scientific review published in the *European Journal of Clinical Nutrition*. Like oats, barley is rich in beta glucan, a type of fiber that's been shown to rein in levels of “bad” cholesterol. The researchers recommend getting about 3 grams of beta glucan each day—¾ cup cooked pearl barley has about 2½ grams, while cooked oatmeal offers just shy of 2 grams per 1 cup.



THINK BEYOND FOOD Diet is important, but research suggests that adding regular exercise may be more effective for healthy cholesterol levels than changing what you eat alone. Working out ramps up your muscles' ability to burn fat as fuel, which helps clear cholesterol from the blood. Exercise may also activate enzymes that increase the production of HDL. For best results, the authors of a study published in the journal *Sports Medicine* recommend doing at least 30 minutes of cardio five times a week and incorporating light strength training into your routine.

27%

How many Americans have elevated LDL cholesterol (130 mg/dL or higher). A little more than half of these 71.3 million people are women.

SOURCE: CIRCULATION

But What About Eggs?

WHILE THE RESEARCH IS MIXED, eating foods that contain cholesterol, in moderation, is unlikely to make your numbers skyrocket. Having a large egg (186 mg cholesterol) may temporarily nudge up your total blood cholesterol by an estimated 4-5 mg/dL. But only a small amount of cholesterol in the blood comes from the cholesterol in food; the majority is made by the liver. When most people eat too much of the stuff, their body compensates and makes less. In fact, saturated fat is a bigger culprit in spiking levels because it spurs the body to make more cholesterol. If you have heart disease risk factors, however, you may want to consult your doctor about dietary cholesterol. 🥚



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*The mechanism of action of INTRAROSA is not fully established.

†Decreased percentage of parabasal cells, reduced vaginal pH, and increased percentage of superficial cells.

‡In two 12-week, randomized, double-blind, placebo controlled studies that included 640 post-menopausal women with moderate to severe painful sex as their most bothersome symptom, INTRAROSA showed a statistically significant decrease in pain during sex.

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Indication

INTRAROSA vaginal inserts are a prescription medicine used in women after menopause to treat moderate to severe pain during sexual intercourse caused by changes in and around the vagina that happen with menopause.

Important Risk Information

Do not use INTRAROSA vaginal inserts if you have vaginal bleeding that has not been checked by your healthcare provider.

Before using INTRAROSA vaginal inserts, tell your healthcare provider about all of your medical conditions, including if you:

- Have, have had, or think you may have had breast cancer. Prasterone, an ingredient in INTRAROSA vaginal inserts, is changed in your body to estrogen. Estrogen medicines are not for use in women who have, have had, or think they may have had breast cancer.

The most common side effects of INTRAROSA vaginal inserts are vaginal discharge and changes on Pap smear.

These are not all of the possible side effects of INTRAROSA vaginal inserts.

Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit **fda.gov/medwatch** or call 1-800-FDA-1088.

Please see accompanying Brief Summary on next page.



Consumer Brief Summary of Information About INTRAROSA® (prasterone) 6.5 mg Vaginal Inserts

This summary contains risk and safety information for patients about INTRAROSA. It does not include all the information about INTRAROSA and does not take the place of talking to your healthcare provider (HCP) about your medical condition or treatment.

What is INTRAROSA vaginal inserts?

INTRAROSA vaginal inserts are a prescription medicine used in women after menopause to treat moderate to severe pain during sexual intercourse caused by changes in and around the vagina that happen with menopause.

It is not known if INTRAROSA vaginal inserts are safe and effective in children.

Do not use INTRAROSA vaginal inserts if you have vaginal bleeding that has not been checked by your healthcare provider.

Before using INTRAROSA vaginal inserts, tell your healthcare provider about all of your medical conditions, including if you:

- have, have had, or think you may have had breast cancer. Prasterone, an ingredient in INTRAROSA vaginal inserts, is changed in your body to estrogen. Estrogen medicines are not for use in women who have, have had, or think they may have had breast cancer.
- are pregnant or plan to become pregnant. INTRAROSA is only for use in women who are past menopause. It is not known if INTRAROSA vaginal inserts will harm your unborn baby.
- are breastfeeding or plan to breastfeed. INTRAROSA vaginal inserts are only for use in women who are past menopause. It is not known if INTRAROSA passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

How should I use INTRAROSA vaginal inserts?

- See the INSTRUCTIONS FOR USE at the end of the full Prescribing Information at www.intrarosa.com for detailed instructions about the right way to use INTRAROSA vaginal inserts.
- Use INTRAROSA vaginal inserts exactly how your healthcare provider tells you to use it.
- Place 1 INTRAROSA vaginal insert in your vagina one time each day at bedtime, using the applicator that comes with INTRAROSA vaginal inserts.

What are the possible side effects of INTRAROSA vaginal inserts?

The most common side effects of INTRAROSA vaginal inserts are vaginal discharge and changes on Pap smear.

These are not all of the possible side effects of INTRAROSA vaginal inserts.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What are the ingredients in INTRAROSA vaginal inserts?

Active ingredient: prasterone

Inactive ingredient: off-white hard fat (Witepsol)

For more information, go to www.intrarosa.com or call 1-877-411-2510.



WHEN YOU JUST DON'T HAVE TIME

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Toast *2.0* Toppers

Avocado toast will never be done (we hope), but there are plenty of other ways to start your day with something healthy on your toast. Try these super-easy combos. By Joyce Hendley

Top It Off

Layer these no-cook combos on a piece of whole-grain toast for a next-level breakfast in a snap.

PHOTOS ON THE PREVIOUS PAGE

1

Manchego
Cheese
+
Orange
Marmalade
+
Almonds



2

Whipped Butter
+
Hard-Boiled Egg
+
Radish
+
Ground Pepper



3

Cream Cheese
+
Smoked Salmon
+
Everything
Bagel
Seasoning



6

Ricotta
+
Honey
+
Chocolate
Shavings



4

Roasted
Red Pepper
+
Lemon-Olive Oil
Sardines
+
Chives



7

Goat Cheese
+
Beets
+
Lemon
Zest



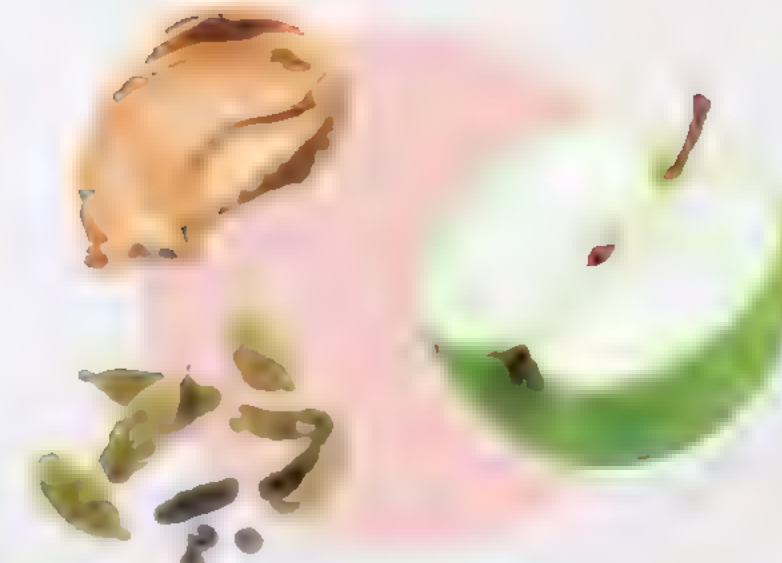
5

Quark
+
Cucumber
+
Cilantro
+
Sea Salt



8

Peanut Butter
+
Apple
+
Cardamom



Mascarpone
+
Mixed
Berries
+
Mint



JACOB FOX; STYLING: GREG LUNA (FOOD), SUE MITCHELL (PROPS); INSERTS: GETTY IMAGES (12); SHUTTERSTOCK (11); COURTESY TRADER JOE'S (1)

**"WHEN YOU'RE
FINISHED,
you know you had
SOMETHIN'
to EAT."**

Jimmy Dean

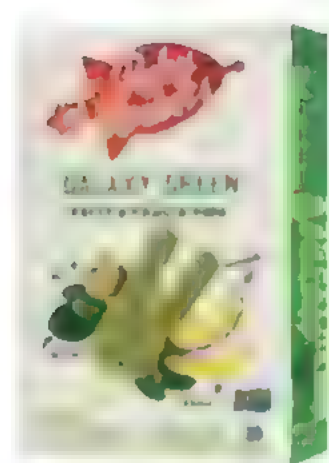


**TODAY'S YOUR
DAY TO
*Shine on***



Sweets with Benefits

Craving Some Sugar? Truth is, it doesn't take much to satisfy a sweet tooth—and with these treats, you'll get something healthy too.



Ruby Rockets Fruit and Veggie Pops These not-too-sweet treats are delicious, savor-it-slowly snacks that cool you down, too. Our fave: Galaxy Green made with kiwi and avocado for flavor and color—and bonus, a gram of fiber. *35 cal / 4g sugar per 1.8-oz. bar*



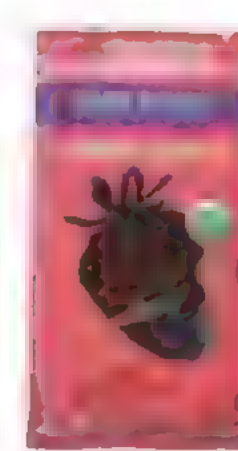
Dove Cashews Dipped in Silky Smooth Dark Chocolate and Dusted with Cocoa Smooth, rich dark chocolate delights in just a couple bites. Plus the dusting of cocoa powder packs in extra heart-healthy flavanols and makes this snack finger-licking good. *150 cal / 10g sugar per 1-oz. serving*



The Good Bean Crispy Crunchy Chickpeas—Sweet Cinnamon Cinnamon-roll-like flavor and plenty of crunch—what's not to love? Best of all, the chickpeas provide 5 grams each of protein and fiber to help curb hunger longer. *150 cal / 6g sugar per ¼-cup serving*



Bear's Fruit Kombucha Looking for a flavorful beverage? Gently bubbly, tangy-sweet kombucha is flavor-filled and you'll get gut-friendly probiotics in every sip. We love the sophisticated combos like strawberry jalapeño or blueberry lavender and the smart-portion-size bottles. *55 cal / 10g sugar per 10-oz. bottle*



Peaceful Fruits Organic Fruit Strips Made from real, solid fruit (without added sugars, like some), these come in grown-up flavors like Blueberry+Acai Drizzle and our fave, Passionfruit. Bonus: they deliver some fiber and have no added sugar. *25-45 cal / 4-9g sugar per 0.35-oz. strip*



**STACK IT.
BUILD IT.
MIX IT UP.**



Salad Shops

These healthy options are sprouting up all over the country. They're great for a quick meal built around vegetables. Here are our favorites.

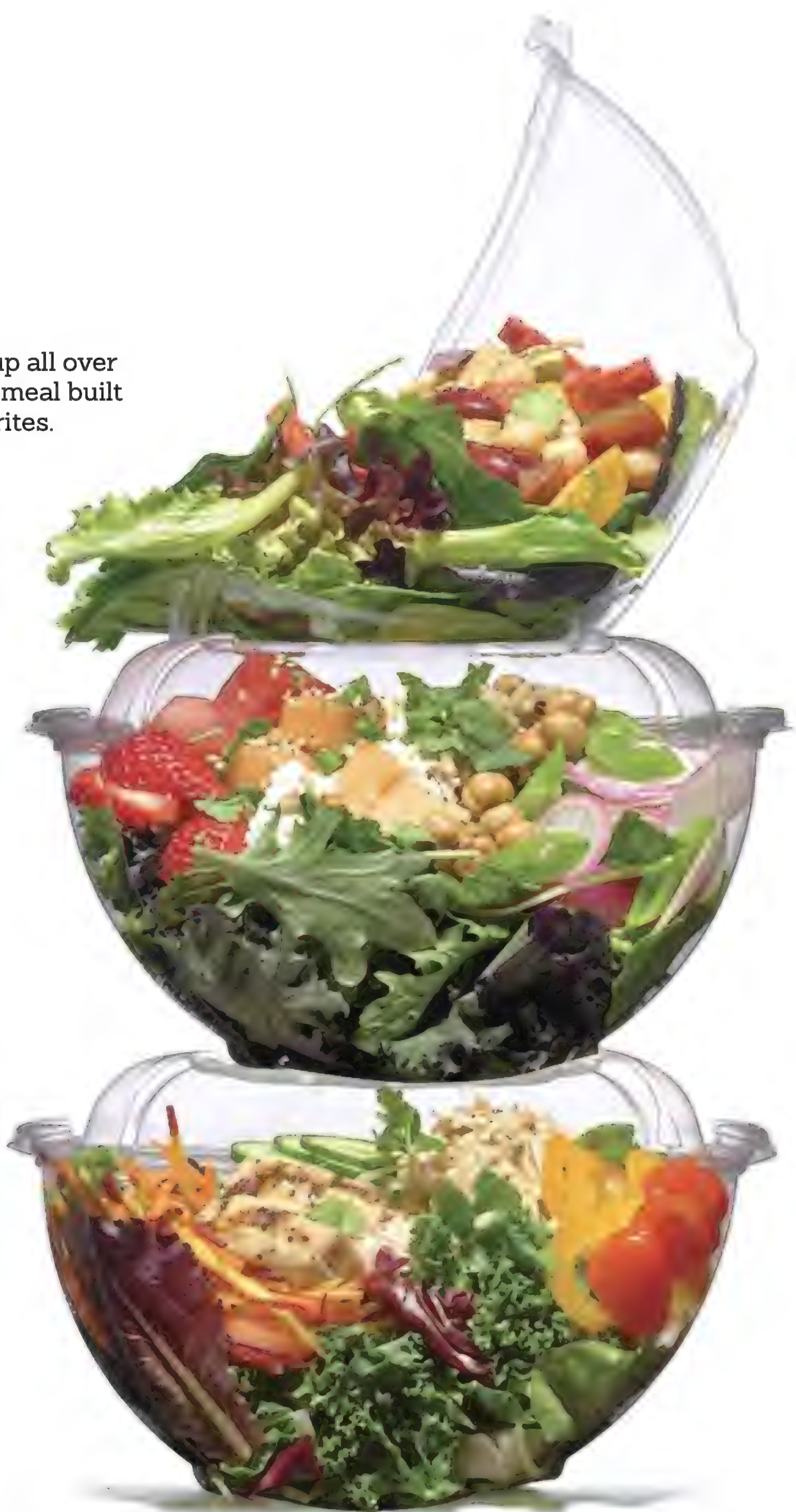
Chopt The formula is simple: fresh, chopped in front of you and a dizzying array of add-ins. **Standout Salad:** Mexicali Vegan with Mexican Goddess Dressing (470 calories)—a mix of sweet potatoes, black beans, hearts of palm and tortilla chips supplies 15 grams of filling fiber.

Freshii Here, your salad gets shaken in a bag so every bite is perfectly dressed. **Standout Salad:** Umamii Salad with Chicken (550 calories), a nutrient-packed combo of kale and brown rice with avocado, edamame, hemp seeds and ginger-miso dressing.

Saladworks The original shop (since 1986), this chain is a steadfast favorite. **Standout Salad:** Sophie's Salad with Apple Cider Vinaigrette (370 calories): spring mix, apples, roast chicken, glazed pecans and blue cheese—it feels indulgent, but you're getting 15g protein.

Sweetgreen The salads at this trendy chain celebrate the seasonal and local. **Standout Salad:** Guacamole Greens (530 calories), with mesclun and tomatoes, roasted chicken, avocado and a killer jalapeño vinaigrette—without too much sodium (565 mg).

Tender Greens When we crave an out-of-the ordinary salad, we head here for the creativity. **Standout Salad:** Happy Vegan (605 calories), a hearty grain-based salad with quinoa and farro plus baby greens and beets that packs 13g fiber.



6 RULES TO BUILD A BETTER SALAD

Bulk Up with Green.

Aim to make up at least three-quarters of your salad with nutrient-packed greens. You'll have lots to dig into, without a lot of calories.

Add Color with Veg and Fruits.

Pile on two to three additional colors to your salad for additional health benefits—pretty plant pigments add antioxidants.

Top with Protein.

Go for ½ cup (small handful) of cooked beans, chicken, steak, fish or tofu, a little shredded or crumbled cheese or a hard-boiled egg.

Fiber Up with Whole Grains.

Top with about ½ cup cooked whole grains. Try quinoa, farro, bulgur, wheat berries, wild rice, whole-grain couscous or pasta.

Keep the Extras Simple.

Crunchy toppings like nuts, seeds and croutons make your salad sing—choose just one or two, and sprinkle rather than dump.

Dress for Success.

Forgo the fat-free stuff: stick with 2 Tbsp. of full-fat dressing—it actually helps your body better absorb the nutrients in your salad. 🥗

I take my
Superfoods
with a side of superfoods.



new

Introducing new Beneful Superfood Blend dry and wet recipes, made with nutrient-rich ingredients including salmon, chia seeds and cranberries for a super happy and healthy dog.

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Your Pet, Our Passion.

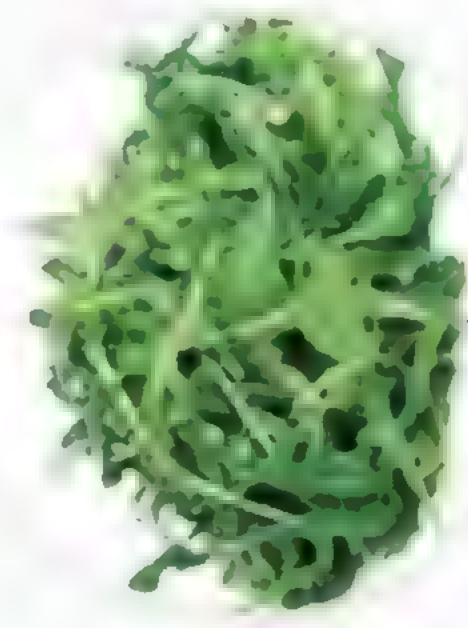


Raise the Salad Bar

It's time to think outside the (lunch) box and step up your salad game. Ditch the pre-made salad bags and create something satisfying that incorporates your favorite flavors. Not sure where to start?

We've got some inspiration to help you raise the salad bar—layer by delicious layer.

**Start
Off
Strong**



Arugula



Spinach



Spring Mix



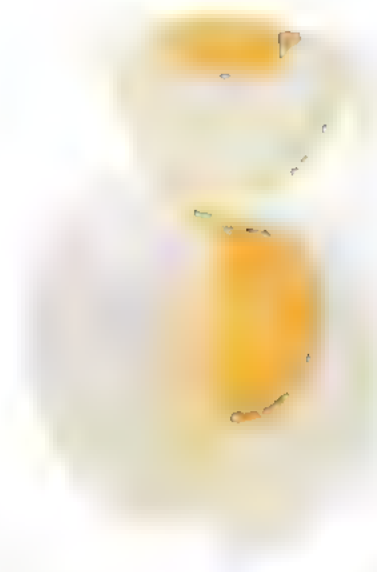
Kale

As the foundation of your salad, leafy greens provide substance, crunch, and fiber. Remember: the darker the greens, the more vitamins and minerals they contain.

Punch Up the Protein



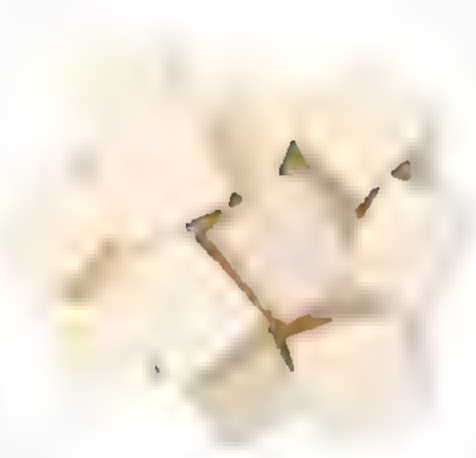
Tuna



Hard Boiled Eggs



Chicken



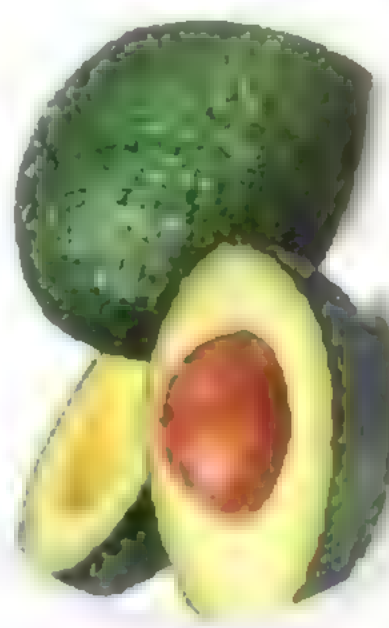
Tofu

Adding protein turns your salad from a side into a satisfying meal. Choose lean proteins like these to make your salad more filling and keep calories in check.

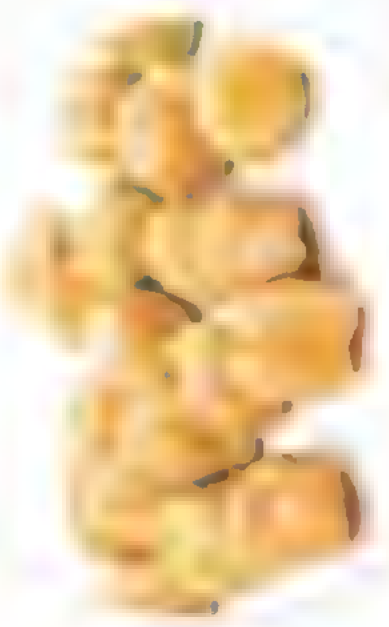
Healthy Toppers



Olives



Avocados



Goya® Chick Peas



When it comes to topping your salad, choose ingredients that taste great and are good for you. **GOYA® Chick Peas** add a lovely texture and flavor and are perfectly plump every time.

Goya.com

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PHONE'S CAMERA



for a delicious recipe.

Cheesy Goodness



Feta



Goat Cheese



Cheddar Cheese



Blue Cheese

Indulge a little and boost the flavor of your salad by adding your favorite cheese. Soft or hard, stinky or sweet—there's no wrong cheese to choose!

Grill Your Veg



Bell Peppers



Asparagus



Eggplant



Reynolds Wrap®

Turn up the flavor by grilling veggies in a foil packet using **Reynolds Wrap® aluminum foil** for a delicious addition to salads.

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for a coupon!

Dress It Up



Red Wine Vinegar



Lemon Juice



Olive Your Heart Olive Oil



Enjoy **Olive Your Heart® Olive Oil** drizzled over a salad or mixed into your favorite dressing recipe. Choose from basil, lemon, garlic, or natural flavor.

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PHONE'S CAMERA



to purchase
Olive Your Heart
Olive Oil online!

pea blossoms

crystal lettuce

oca tubers

hibiscus leaves

violas

cukes with blooms

ice spinach

The first thing you notice about Farmer Lee Jones is the bow tie—candy-apple red against his stark white button-down shirt and denim overalls. Sporting a silver push-broom mustache, he seems almost a caricature of an old-fashioned farmer. But one look into his powder-blue eyes—wise, curious and sparkling with the joy of someone passionate about his life's work—and you can tell he's the real deal.

"Farmer Lee is this icon, but he's so genuine," says Jill Vedaa, chef and co-owner of Salt+ restaurant in Cleveland. "It's refreshing with all the egos in this business to find someone who's like, 'I'm a farmer. That's what I do.'"

His humility is especially impressive when you consider what his 300-acre family farm has accomplished. They overnight pristine produce to star chefs like of Joël Robuchon, Grant Achatz and Eric Ripert at restaurants in 50 states and 12 countries. In fact, The Chef's Garden doesn't just grow vegetables, it grows trends—think sea beans, corn shoots and corallflower. It doesn't just supply chefs with tweezer-ready microgreens, it's also home to the Culinary Vegetable

—
By
DANIELLE
CENTONI
—

The Chef's Garden

Not Your Garden Variety

From seemingly unlimited types of leaves and edible blooms to tiny veggies with their flowers still attached and harder-to-find ones, such as the Andean tuber oca, The Chef's Garden sparks innovation in the kitchen. Order at chefs-garden.com.

Meet the Ohio farmer who is inspiring chefs with some of the coolest and most gorgeous produce in the country



Location
Photography by
KEN BLAZE

Food
Photography by
LEIGH BEISCH

A chance encounter between Farmer Lee Jones (above) and a chef at a farmers' market about 30 years ago led to the creation of The Chef's Garden in Huron, Ohio.

Institute, a place to experiment with all that produce right where it's grown. And it doesn't just preserve the land and a way of life with sustainable farming practices and internships for young farmers, it also pushes the industry in new directions, most recently opening a research center with three staff scientists to help its farmers grow the most nutrient-dense produce possible. "We visualize a day when every package of vegetables will have nutrient analysis," says Jones. "Some day a doctor will write a prescription for a parsnip."

Sound far-fetched? Maybe not. After all, the family that now supplies produce to some of the most acclaimed kitchens in the world once lost everything they owned.

"We were farming 1,200 acres, working cooperatively with other growers to supply chain grocers," says Jones. "But a hailstorm [in 1983] wiped everything out. At 19, I watched [them] auction off everything we owned, including our house."

Jones, his dad Bob Sr., brother Bob Jr. and mom Barb had to start over, scraping by on a much smaller plot of land and selling direct at farmers' markets. But he forged a strong rapport with one of his customers, Iris Bailin, a chef who talked him into supplying her with specialties like baby vegetables and squash blossoms, still rarities in the early 1980s. Soon the family was seeing a world of produce through a chef's eyes. "Iris was saying, 'Grow with integrity. Pick fresh every day. There's enough of us to support you,'" Jones says. "She kept pushing me to grow things for flavor rather than tons per acre."

Bailin connected them with other chefs, and the Jones family began customizing crops for their clients, creating a symbiosis between chef and farmer that became the cornerstone of everything they do today.

"Our whole product list is inspired by chefs," says Jones. Consider this: The farm grows 600 varieties of vegetables but sells 10,000 versions of them, since most are offered from bud to mature plant. Even baby vegetables come in a range of sizes, the differences as small as 1/2 inch.

To give visiting chefs a place to experiment with it all, the Jones family built the Culinary Vegetable Institute (CVI) 20 years ago. It welcomes almost 700 chefs a year from all over the world: corporate teams from Barilla, Starbucks and Wendy's, as well as celebrity chefs like José Andrés, who brought over a dozen chefs for three days of R&D for his next book. Visitors walk the fields, talk to farmers and cook with CVI's executive chef liaison Jamie Simpson and his staff, everyone exchanging ideas and trying new things.

"To be so connected to agriculture and

Peas & Carrots Salad (p.83)



where our food comes from and understand how things grow opens up a massive pantry list of ingredients," says Simpson. "People don't realize cauliflower is like a 5-foot tree and the entire plant is edible. That's my driving mission at the CVI, to show that every part of the plant offers something unique to the plate."

Three decades after the auction that took away everything his family owned and after helping rebuild their farm into an internationally acclaimed, cutting-edge resource that supplies, educates and inspires the brightest luminaries in the food world, you'd think Jones could finally ditch the overalls, right?

"I wear them every day," he says. "I wear them to church on Sundays and to funerals. I have 18 pairs of overalls, white

shirts and ties. I was married in them, and I will be buried in them." He even wears them to black-tie events. But this isn't some sort of branding tactic. You see, Jones wears that outfit with the gravitas of a military uniform, steadfastly serving as a visual reminder of the people who grow the food we put on our plates.

"It's for every small farmer out there," he says. "For everyone who's ever lost a farm, or dreamed of owning one. For the pride and integrity of what we do. Because if we don't respect it, who will?"

DANIELLE CENTONI is an award-winning food and travel writer based in Portland, Oregon. Her next cookbook, *Fried Rice: 50 Ways to Stir Up the World's Favorite Grain*, will be released in August.



**Salmon with
Sorrel Sauce**
(p.83)

Wine Pairing

An unoaked chardonnay with vibrant acidity is the ideal match for the luscious salmon and its tangy sorrel sauce. Try 2017 A to Z Chardonnay from Dundee, Oregon (\$15).



One of the most unique things about The Chef's Garden is that when an order comes in, one of the farmers heads out to the field or greenhouse to harvest by hand (*top right*). That means anyone can order an ingredient in just about any stage of growth, at any size. Chefs are welcome to visit the farm and cook with executive chef liaison Jamie Simpson (*right*) and his team at the affiliated Culinary Vegetable Institute. The public can attend events there as well, and even stay the night. Check out culinaryvegetableinstitute.com for more information.



“We learned from the chefs that every single stage of a plant’s life offers something for the plate.”

—FARMER LEE JONES

Garden-Fresh Mint Julep

ACTIVE: 15 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate syrup and juice (Steps 1 & 2) for up to 3 days.

EQUIPMENT: 8 Old-Fashioned glasses

This play on the Derby Day favorite uses the whole sugar snap pea plant: pea greens in the simple syrup and snap pea “juice,” plus pea blossoms for garnish, if you’re lucky enough to find them.

1 cup water, divided

½ cup sugar

1 cup pea greens (pea shoots), coarsely chopped, plus more for garnish

½ cup sugar snap peas, trimmed and halved

Pinch of salt

1 cup fresh mint leaves, divided, plus more for garnish

1½ cups bourbon, divided

⅓ cup lemon juice, divided

8 cups ice cubes, divided

Pea blossoms for garnish

1. Combine ½ cup water and sugar in a small saucepan; bring to a boil. Remove from heat and stir in pea greens. Let stand until cool, about 25 minutes. Strain into a small bowl and refrigerate the syrup until cold, about 30 minutes.

2. Meanwhile, combine snap peas and the remaining ½ cup water in a blender. Blend at medium speed for 1 minute. Pour through a fine-mesh sieve into a small bowl, pressing on the solids to release as much liquid as possible. Season with salt. Refrigerate the juice until cold, about 30 minutes.

3. To prepare each cocktail: Place 2 tablespoons mint and 1½ tablespoons of the syrup in an Old-Fashioned glass. Mash the mint with a muddler or wooden spoon until lightly bruised. Add 3 tablespoons bourbon, 2 teaspoons lemon juice and 1 tablespoon of the pea juice. Add ½ cup ice cubes and stir. Top with another ½ cup ice cubes. Serve garnished with pea blossoms, additional pea greens and mint, if desired.

SERVES 8: ½ cup each

CAL 158 / FAT 0G (SAT 0G) / CHOL 0MG / CARBS 15G / TOTAL SUGARS 13G (ADDED 13G) / PROTEIN 1G / FIBER 1G / SODIUM 23MG / POTASSIUM 72MG



A top-down view of two white ceramic plates with a scalloped edge, each containing a serving of fluke crudo. The dish is garnished with thin slices of cucumber, radish, and fresh herbs. A silver fork is placed on each plate. The plates are set on a white lace tablecloth with a green herb sprig on the left.

**Fluke Crudo with
Tomato-Coriander
Mignonette** (p.82)

Wine Pairing

The crudo's tangy sauce begs for bubbles. Pop open a bottle of Mumm Napa Brut Rosé (\$17).



Wine Pairing

Hints of ginger and lychee make a glass of 2015 Trimbach Gewürztraminer, Alsace, France (\$18), a perfect match for the chutney.

Grilled Pork
Tenderloin with
Sweet & Sour
Rhubarb Chutney
(p.82)



Carrot Cake with Orange-Saffron Cream

ACTIVE: 45 min **TOTAL:** 1 hr 20 min

TO MAKE AHEAD: Store cake (Steps 1-3) airtight at room temperature for up to 3 days.

A whipped mascarpone cream flavored with orange, saffron and white chocolate elevates this super-moist carrot cake.

CAKE

- 1 cup all-purpose flour
- 1 cup white whole-wheat flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¾ cup canola oil or avocado oil
- ¾ cup packed light brown sugar
- ¾ cup granulated sugar
- 2 teaspoons vanilla extract
- 4 large eggs
- 5 cups shredded carrots (1 pound)

ORANGE-SAFFRON CREAM

- 1 cup heavy cream, divided

- 1 teaspoon grated orange zest, plus julienned zest for garnish

- 3 saffron threads

- ⅓ cup white chocolate chips

- ⅓ cup mascarpone cheese

1. To prepare cake: Preheat oven to 350°F. Coat a 9-by-13-inch baking pan with cooking spray.

2. Whisk all-purpose flour, whole-wheat flour, cinnamon, baking powder, baking soda and salt in a medium bowl. Beat oil, brown sugar, granulated sugar and vanilla in a stand mixer fitted with the paddle attachment until starting to lighten in color, about 2 minutes. Slowly add eggs, one at a time, beating until well combined before adding the next. Add the dry ingredients and mix just until incorporated. Add carrots and mix until just combined. Scrape the batter into the prepared pan.

3. Bake the cake until a toothpick inserted in the center comes out clean, 30 to 40 minutes. Let cool completely in the pan on a wire rack, about 30 minutes.

BIG FOOD FOR BIG DAYS



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BIG DAYS ARE RIPE WITH POTENTIAL



The Chef's Garden

4. Meanwhile, prepare orange-saffron

cream: Heat $\frac{3}{4}$ cup cream in a small saucepan over medium-high heat until just steaming. Place zest and saffron in a small bowl. Pour the hot cream over them and let steep for 10 minutes. Strain (discard zest and saffron). Refrigerate the saffron cream until cold, about 30 minutes.

5. Combine chocolate chips and the remaining $\frac{1}{4}$ cup cream in a small microwave-safe bowl. Microwave on High, stirring halfway through, until just melted, about 30 seconds. Cool to room temperature, about 10 minutes.

6. Transfer the saffron cream to the bowl of a stand mixer fitted with a whisk attachment. Add mascarpone and beat just until medium peaks form. Fold $\frac{1}{4}$ cup of the mixture into the chocolate mixture until combined, then scrape the chocolate mixture back into the remaining saffron cream. Beat just until lightly whipped, 5 to 10 seconds; do not overmix.

7. Serve the cake topped with the saffron-orange cream and more orange zest, if desired.

SERVES 18: 1 piece each

CAL 341 / FAT 21G (SAT 7G) / CHOL 68MG / CARBS 35G / TOTAL SUGARS 23G (ADDED 22G) / PROTEIN 5G / FIBER 2G / SODIUM 238MG / POTASSIUM 158MG.

Grilled Pork Tenderloin with Sweet & Sour Rhubarb Chutney

ACTIVE: 30 min **TOTAL:** 50 min

TO MAKE AHEAD: Refrigerate chutney (Step 2) for up to 3 days.

Pair this classic pork-and-rhubarb combo with a big green salad and grill-roasted potatoes. (Photo: page 80.)

- 1 tablespoon extra-virgin olive oil
- $\frac{1}{2}$ cup finely diced yellow onion
- $\frac{1}{4}$ teaspoon kosher salt
- 1 clove garlic, minced
- 2 teaspoons grated fresh ginger
- 2 cups thinly sliced rhubarb, fresh or frozen (thawed)
- 1 tablespoon rice vinegar
- 3 tablespoons honey
- 1 tablespoon brown sugar
- $\frac{1}{2}$ teaspoon granulated garlic
- $\frac{1}{4}$ teaspoon smoked salt
- 1 pound pork tenderloin, trimmed

1. Preheat grill to medium.

2. Heat oil in a medium saucepan over medium heat. Add onion and kosher salt; cook, stirring occasionally, until soft but not brown, about 3 minutes. Add minced garlic and ginger; cook, stirring occasionally, for 1 minute. Add rhubarb and cook, stirring occasionally, until it is mostly broken down, about 5 minutes. Stir in vinegar, scraping up any browned bits. Add honey and reduce heat to maintain a simmer. Cook, stirring occasionally, until the chutney is thickened, 2 to 6 minutes. Remove from heat and cover to keep warm.

3. Combine brown sugar, granulated garlic and smoked salt in a small bowl. Sprinkle evenly over pork.

4. Oil the grill rack. Grill the pork, turning occasionally, until an instant-read thermometer inserted into the thickest part registers 145°F, 12 to 18 minutes. Transfer to a clean cutting board and let rest for 5 minutes. Slice the pork and serve with the rhubarb chutney.

SERVES 4: 3 oz. pork & $\frac{1}{4}$ cup chutney each
CAL 239 / FAT 6G (SAT 1G) / CHOL 74MG / CARBS 21G / TOTAL SUGARS 18G (ADDED 16G) / PROTEIN 25G / FIBER 1G / SODIUM 330MG / POTASSIUM 670MG.

Fluke Crudo with Tomato-Coriander Mignonette

ACTIVE: 45 min **TOTAL:** 4 $\frac{3}{4}$ hrs

TO MAKE AHEAD: Refrigerate mignonette (Steps 1-2) for up to 3 days.

EQUIPMENT: Cheesecloth

Mignonette is a vinegar-based sauce often served with raw oysters. Here it's lightened up with an herb-infused tomato water to sauce lightly cured fish. Look for coriander blooms (cilantro flowers) at the farmers' market—or in your garden. Goldenberries, sometimes labeled pineapple tomatillos or ground cherries, are available at many large supermarkets. (Photo: page 79.)

- 1 $\frac{1}{2}$ pounds tomatoes, chopped
- 1 cup chopped fresh cilantro
- $\frac{1}{2}$ cup loosely packed fresh mint leaves
- $\frac{1}{4}$ cup chopped jalapeño pepper
- 6 tablespoons toasted cracked coriander seeds plus 1 teaspoon, divided
- $\frac{1}{4}$ cup finely chopped shallot
- 2 tablespoons lime juice
- 1 tablespoon distilled white vinegar
- Dash of fish sauce
- $\frac{1}{4}$ teaspoon salt plus 2 teaspoons, divided
- $\frac{1}{4}$ teaspoon sugar plus 1 teaspoon, divided
- 2 teaspoons lime zest
- 3 kaffir lime leaves, chopped
- 2 4-ounce skinless fluke or hamachi fillets
- Jalapeño slices, radish slices, lime zest, citrus coriander blooms & goldenberries for garnish

1. Combine tomatoes, cilantro, mint, jalapeño and 4 tablespoons coriander seeds in a food processor. Puree until smooth, about 1 minute. Pour into a fine-mesh strainer lined with cheesecloth, set over a bowl and refrigerate for 4 hours. (Do not press on the solids.)

2. Discard the solids. Add 2 tablespoons coriander seeds, shallot, lime juice, vinegar, fish sauce and $\frac{1}{4}$ teaspoon each salt and sugar to the tomato water. Cover and refrigerate the mignonette until ready to use.

3. Combine the remaining 1 teaspoon coriander seeds, 2 teaspoons salt, 1 teaspoon sugar, lime zest and lime leaves in an 8-inch-square



baking dish. Add fish and spread the mixture onto it, pressing gently to coat completely. Cover and refrigerate for 20 minutes.

4. Rinse the fish in cold water to remove any of the salt mixture and pat dry with paper towels. Cut the fish into ¼-inch-thick slices and divide among 4 shallow bowls. Serve the fish topped with the reserved mignonette and garnish with jalapeño slices, radish slices, lime zest, coriander blooms and goldenberries, if desired.

SERVES 4: 2 oz. fish & 3 Tbsp. mignonette each
CAL 119 / FAT 3G (SAT 0G) / CHOL 26MG / CARBS 17G / TOTAL SUGARS 6G (ADDED 1G) / PROTEIN 11G / FIBER 7G / SODIUM 487MG / POTASSIUM 779MG.

Salmon with Sorrel Sauce

ACTIVE: 45 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate sorrel & cream sauces (Steps 1 & 2) separately for up to 3 days.

Sorrel is a spring green with a tangy lemon flavor. Look for it at farmers' markets and well-stocked supermarkets. You can use baby spinach instead, but add a squeeze of lemon juice to the sauce for extra oomph. (Photo: page 77.)

4 cups sorrel, trimmed and coarsely chopped, plus more for garnish

½ cup ice-cold water

2 cups fish stock

½ cup thinly sliced shallots

¼ cup dry white wine

2 tablespoons vermouth

½ cup crème fraîche

1¼ pounds skinless salmon fillet, cut into 4 portions

½ teaspoon salt

2 teaspoons extra-virgin olive oil

1. Combine sorrel and water in a blender; blend until smooth. Set the sorrel sauce aside.

2. Combine fish stock, shallots, wine and vermouth in a medium saucepan. Bring to a boil over medium-high heat. Cook until reduced to about ½ cup, about 20 minutes. Strain through a fine-mesh sieve into a small saucepan. Place over low heat and whisk in crème fraîche until combined. Cover the cream sauce and set aside.

3. Meanwhile, season salmon with salt. Heat oil in a large nonstick skillet over medium heat. Add the salmon and cook, turning once, until just cooked through, 4 to 5 minutes total.

4. Reheat the reserved cream sauce over low heat if necessary. Serve the salmon with the cream and sorrel sauces, topped with more sorrel, if desired.

SERVES 4: 4 oz. fish & 3 Tbsp. each cream & sorrel sauces

CAL 484 / FAT 33G (SAT 12G) / CHOL 104MG / CARBS 6G / TOTAL SUGARS 3G (ADDED 0G) / PROTEIN 34G / FIBER 1G / SODIUM 364MG / POTASSIUM 870MG.

Peas & Carrots Salad

ACTIVE: 50 min **TOTAL:** 50 min

TO MAKE AHEAD: Refrigerate hummus and dressing (Steps 1 & 2) for up to 2 days.

This recipe calls for tiny carrots, harvested in spring when young, with their tops still attached. If you can't find them, use 2 cups julienned carrots, and substitute arugula for the carrot tops. Pea greens, also known as pea shoots, are the leaves, tendrils and flowers of a mature pea plant. Look for them at farmers' markets or Asian markets. (Photo: page 76.)

1½ cups peas, fresh or frozen (thawed), divided

1 cup canned chickpeas, rinsed

½ teaspoon salt, divided

½ cup buttermilk

3 tablespoons extra-virgin olive oil

½ teaspoon ground pepper

6 small multicolored carrots

25 tiny carrots (1-2 inches long) with greens attached (about 8 ounces)

8 cups loosely packed pea greens (pea shoots) or watercress

1 cup snow peas, trimmed

Pea blossoms, tiny snow peas & lemon wedges for garnish

1. Combine 1 cup peas, chickpeas and ¼ teaspoon salt in a food processor; puree until mostly smooth. Set the hummus aside.

2. Combine buttermilk, oil and pepper with the remaining ½ cup peas and ¼ teaspoon salt in a blender; puree until very smooth. Transfer to a large bowl.

3. Using a mandoline or vegetable peeler, cut small carrots into ribbons. Transfer to a bowl of ice water and let stand until crisp and starting to curl, 5 to 10 minutes. Drain and pat dry.

4. Remove greens from tiny carrots and chop enough to equal 2 cups (reserve any remaining greens for another use). Cut the tiny carrots in half. Toss the tiny carrots, carrot ribbons, pea greens (or watercress) and snow peas in the bowl with the dressing. Spread the reserved hummus on a serving platter and top with the salad. Garnish with pea blossoms, tiny snow peas and lemon wedges, if desired.

SERVES 6: 1½ cups each

CAL 214 / FAT 9G (SAT 1G) / CHOL 2MG / CARBS 27G / TOTAL SUGARS 12G (ADDED 0G) / PROTEIN 8G / FIBER 8G / SODIUM 366MG / POTASSIUM 428MG.

The cocktail, salmon and salad recipes are adapted from the Culinary Vegetable Institute's Jamie Simpson. The other recipes are adapted from customers of The Chef's Garden: Melania Castegnaro at Ridgewells Catering in Washington, D.C. (carrot cake), Jill Vedaa at Salt+ in Cleveland (pork) and Dan Perretta at The Aviary in Chicago and New York City and Roister in Chicago (crudo).

FILL UP FOR BIG DAYS



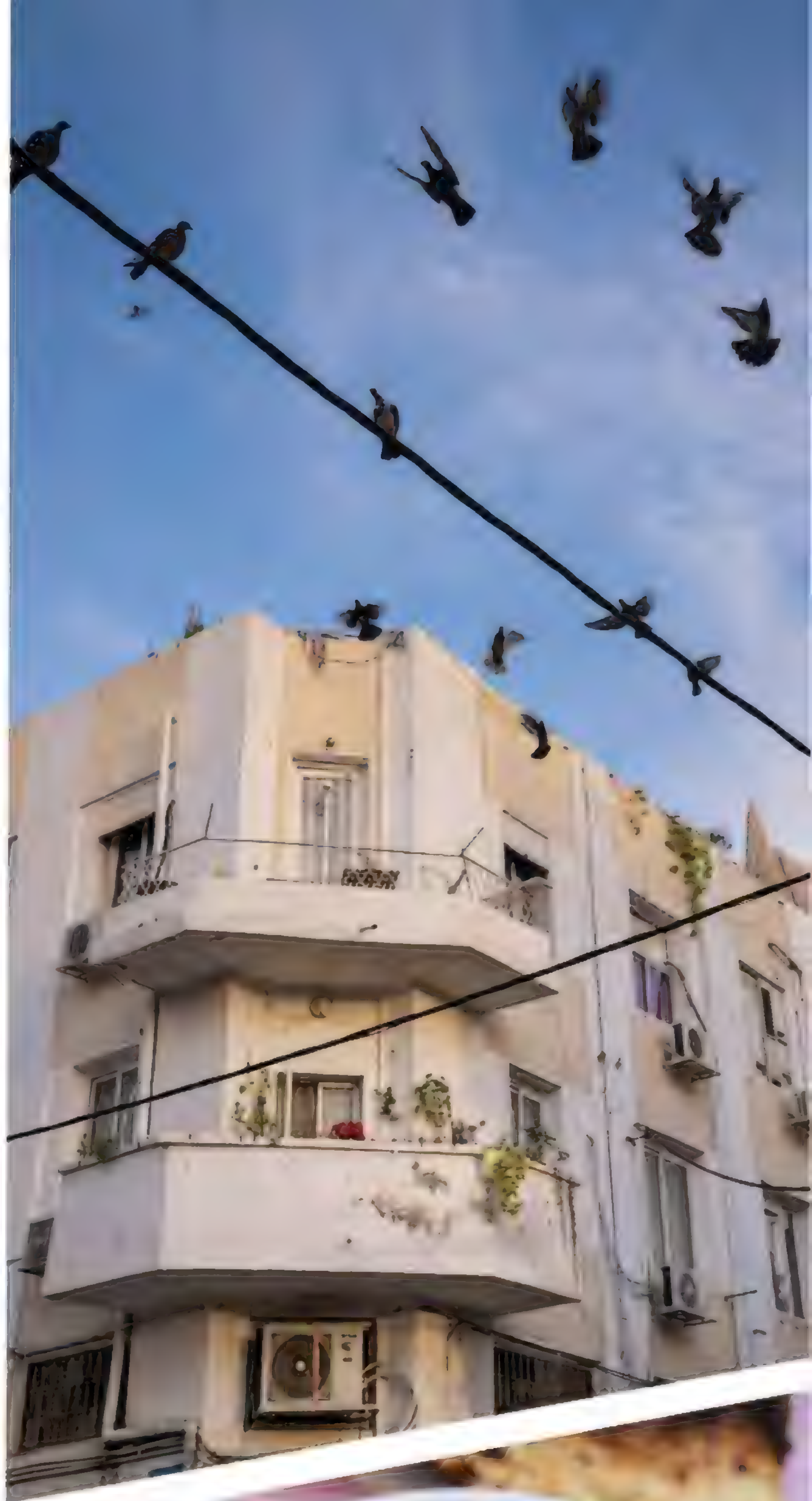
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Daybreak in Tel Aviv

BY **ALYSSA SCHWARTZ**
RECIPES BY **ADEENA SUSSMAN**
PHOTOGRAPHY BY
PENNY DE LOS SANTOS

Café Yom Tov is typical of the city's around-the-clock lifestyle. Patrons here enjoy a leisurely Sunday morning breakfast, but at night the café adds cocktails, music and even karaoke. Dishes like Green Lentil Curry Masabacha (*below right*), which is eaten like hummus, are served at all hours.



If you think this city, known for its rocking nightlife as much as its vibrant food scene, starts the day with greasy hangover grub, guess again. Say hello to Israel's produce-packed breakfasts.

Green Lentil Curry Masabacha, p.91 >



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rom the thwacking of impromptu paddleball matches rising from the beaches all day long to the vibrant scene of packed cafés and revelers lining up for street-stand pitas stuffed with grilled meats, you might wonder, as I did, walking home at 1 a.m. on a Monday during a recent visit—don't people work in this city?

They certainly don't seem to sleep, so it's surprising that breakfast is Tel Aviv's most iconic meal.

But breakfast here isn't the morning meal as you know it: rather than downing takeout coffee and muffins on the run, it's savoring a leisurely repast on sun-kissed patios every day of the week. And instead of a focus on rich carby-sweet dishes, in Tel Aviv—and Israel as a whole—it's all about the vegetables.

"We don't call it farm to table here, but the concept of good produce done simply is really significant," says Inbal Baum, a former lawyer and founder of Delicious Israel. The sightseeing outfit guides tourists through the bustling stalls of the Levinsky, Hatikva and Carmel markets, where they sip juices made from Yemenite citron, sample silky *tehina* and *malabi*, an Iraqi almond-milk pudding scented with rosewater and cardamom, and sniff herbs and spices—think cumin, coriander and earthy za'atar, a blend made of dried hyssop, thyme, sumac and sesame seeds that's been used in the Middle East for centuries.

"When my grandfather came here from Czechoslovakia in the 1930s, he was a pioneer," says Baum. "What were people eating then? Whatever was available. When they woke up in the morning on the kibbutz, they picked the vegetables and they worked in the dairy and they worked with the chickens. So that was breakfast. If you look at old pictures from the kibbutz, you had big bowls of hard-boiled eggs, you had





HaBasta's Greens & Eggs

ACTIVE: 30 min **TOTAL:** 30 min

At HaBasta, a popular restaurant on the edge of Carmel Market, the shakshuka is packed with green chard and spinach and a little hot pepper provides just a touch of spice. Serve with pita or crusty bread to sop up the sauce.

⅓ cup extra-virgin olive oil

1 large onion, finely chopped

12 ounces chard, stemmed and chopped

12 ounces mature spinach, stemmed and chopped

½ cup dry white wine

1 small jalapeño or serrano pepper, thinly sliced

2 medium cloves garlic, very thinly sliced

¼ teaspoon kosher salt

¼ teaspoon ground pepper

½ cup low-sodium no-chicken or chicken broth

2 tablespoons unsalted butter

6 large eggs

½ cup crumbled feta or goat cheese

1. Heat oil in a large skillet over medium heat. Add onion and cook, stirring often, until soft and translucent but not browned, 7 to 8 minutes. Add chard and spinach, a few handfuls at a time, and cook, stirring often, until wilted, about 5 minutes. Add wine, jalapeño (or serrano), garlic, salt and pepper; cook, stirring occasionally, until the wine is absorbed and the garlic softens, 2 to 4 minutes. Add broth and butter; cook, stirring, until the butter is melted and some of the liquid is absorbed, 1 to 2 minutes.

2. Crack eggs over the vegetables. Cover and cook over medium-low heat until the whites are set, 3 to 5 minutes. Remove from heat and sprinkle with cheese; cover and let stand for 2 minutes before serving.

SERVES 6: 1 egg & ½ cup greens each

CAL 296 / FAT 23G (SAT 7G) / CHOL 205MG / CARBS 8G /

TOTAL SUGARS 3G (ADDED 0G) / PROTEIN 11G / FIBER 3G /

SODIUM 418MG / POTASSIUM 669MG.





Gil Eshet (above), a server at Yom Tov Café, balances an order of breakfast plates brimming with ingredients from the adjacent Carmel Market. Locals shop for everything from clothing to electronics at Tel Aviv's largest bazaar, but it's the fresh vegetables, dairy and spices that have made the menu at Yom Tov one of the most popular in the city.

dairy—at the time, it was just yellow cheese and white cheese—and you had chopped tomatoes and cucumbers, and maybe some peppers.”

Even by the late '90s, the breakfasts at Tel Aviv's then-trendiest cafés still hadn't evolved too far beyond the kibbutz. But more recently, the morning meal has become an intersection of ingredients that reflect the city itself: diverse flavors that represent immigration from places like North Africa and Iraq.

The emergence of *shakshuka* was just the start of Tel Aviv's breakfast evolution. The tomato-based egg dish had only ever been cooked by Tunisian grandmothers at home; now every café has a spin, such as the green chard version at HaBasta, an always-packed restaurant on the edge of Carmel Market. From crispy artichokes atop tangy *labneh* to pitas stuffed with roasted eggplant and hard-boiled eggs, those kibbutz breakfast roots still run strong—only today they're enlivened with modern, diverse flavors and inspirations. You might say the same about Tel Aviv.

ALYSSA SCHWARTZ is a food and travel writer based in Toronto.



Hummus with Slow-Roasted Vegetables

ACTIVE: 25 min **TOTAL:** 1 hr 5 min

TO MAKE AHEAD: Refrigerate hummus (Step 3) for up to 3 days. *Serve these vegetables and super-lemony hummus with warm pita bread and a sprinkle of fruity za'atar, and you'll be transported to the hustle and bustle of Israel's iconic Mediterranean coastal city.*

- 2 small tomatoes**
- 2 small onions, halved**
- 2 large jalapeño peppers**
- ¼ cup extra-virgin olive oil plus 2 teaspoons, divided**
- ¾ teaspoon kosher salt, divided**
- ½ teaspoon ground pepper**
- 7 large cloves garlic, peeled, divided**
- 1 15-ounce can no-salt-added chickpeas, drained, liquid reserved**
- ½ cup lemon juice**
- ¼ cup tahini**
- 2 hard-boiled large eggs, quartered**
- 1 teaspoon za'atar (see Tip, page 91)**

- 1.** Preheat oven to 325°F. Line a rimmed baking sheet with foil.
- 2.** Place tomatoes, onions and jalapeños on the prepared pan. Drizzle with ¼ cup oil and stir to coat; sprinkle with ½ teaspoon salt and pepper. Roast for 25 minutes. Stir in 4 garlic cloves and continue roasting until the tomatoes are very soft and the onions are golden and tender, 25 to 30 minutes more.
- 3.** Meanwhile, combine chickpeas, ¼ cup chickpea liquid, lemon juice, tahini, the remaining 3 garlic cloves and ¼ teaspoon salt in a food processor. Process, scraping down the sides as needed, until smooth and creamy, 2 to 3 minutes.
- 4.** Spread the hummus in a shallow bowl. Cut the tomatoes and jalapeños in half and place on top of the hummus, along with the onions, garlic and hard-boiled eggs. Sprinkle with za'atar and drizzle with the remaining 2 teaspoons oil.

SERVES 4: ½ cup each hummus & vegetables & ½ egg

CAL 429 / FAT 28G (SAT 4G) / CHOL 93MG / CARBS 32G /

TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 13G / FIBER 7G /

SODIUM 426MG / POTASSIUM 512MG.



Crispy Artichokes over Labneh

ACTIVE: 30 min **TOTAL:** 30 min
(plus 12-24 hrs draining time)

TO MAKE AHEAD: Refrigerate labneh (Step 1) for up to 1 week.

EQUIPMENT: Cheesecloth, candy thermometer
If you are short on time, you can purchase labneh from well-stocked grocery stores and Middle Eastern markets, but making your own is as simple as straining yogurt and lemon juice overnight in the refrigerator. The tangy sauce is a perfect foil for these garlicky, crispy fried artichokes.

- 1 quart (4 cups) whole-milk plain yogurt**
- 3 tablespoons lemon juice**
- ½ teaspoon kosher salt, divided**

- 4 cups canola oil**
- 2 14-ounce cans whole artichoke hearts, rinsed, halved and patted dry**
- ¼ cup chopped flat-leaf parsley**
- 4 cloves garlic, minced**
- Lemon wedges for serving**

1. Line a 7-inch or larger fine-mesh sieve with four layers of cheesecloth. Set over a bowl deep enough to leave at least 3 inches between the bottom of the sieve and the bowl. Whisk yogurt and lemon juice in a large bowl; scrape into the cheesecloth. Refrigerate until the yogurt is quite thick and at least 1 cup of liquid has drained into the bowl, 12 to 24 hours. (Discard the liquid.) Transfer the labneh to a medium bowl and stir in ¼ teaspoon salt.

2. Shortly before serving, pour oil into a large saucepan and clip on a candy thermometer. Heat over medium-high heat to 350°F. Working in 3 batches, fry artichokes until crispy and golden, 2 to 3 minutes per batch. Transfer the artichokes to a paper-towel-lined plate. Return the oil to 350°F between batches.

3. Toss the artichokes in a medium bowl with parsley, garlic and the remaining ¼ teaspoon salt.

4. Spread the labneh on a serving platter and top with the crispy artichokes. Serve with lemon wedges, if desired.

SERVES 6: ½ cup artichokes & 3 Tbsp. labneh each
CAL 323 / FAT 26G (SAT 3G) / CHOL 10MG / CARBS 13G / TOTAL SUGARS 3G (ADDED 0G) / PROTEIN 10G / FIBER 3G / SODIUM 558MG / POTASSIUM 150MG.



Baker Assi Albuharu hand-forms Druze-style pita bread at the Carmel Market.

Open-Face Roasted Eggplant & Herb Salad Pita Sandwiches

ACTIVE: 10 min **TOTAL:** 55 min

One of the most popular street foods in Israel is a sabich, an overstuffed sandwich that always includes eggplant and hard-boiled eggs—along with a potential kitchen sink of salads and sauces. This fork-and-knife version served at Tel Aviv's Yom Tov Café is way less messy to eat.

- 1 large eggplant (about 1 pound), cut into ¾-inch-thick slices**
- ⅓ cup extra-virgin olive oil plus 2 tablespoons, divided**
- ¾ teaspoon ground pepper, divided**
- ½ teaspoon kosher salt, divided**
- 2 cups fresh cilantro leaves with tender stems**
- 2 cups fresh parsley leaves with tender stems**
- ½ small red onion, very thinly sliced**
- 2 tablespoons finely chopped preserved lemon**
- 1 tablespoon lemon juice**
- 1½ teaspoons ground turmeric**
- 1 teaspoon ground cumin**
- 2 whole-wheat lavash or large whole-wheat pita breads, halved and warmed**
- 4 hard-boiled large eggs, sliced**

- 1.** Preheat oven to 375°F. Line a baking sheet with foil.
- 2.** Place eggplant on the prepared pan and brush with ⅓ cup oil, flipping and brushing on both sides until all the oil is absorbed. Season with ¼ teaspoon each pepper and salt. Bake the eggplant, turning once halfway, until soft and golden, 30 to 40 minutes total.
- 3.** Meanwhile, toss cilantro, parsley, onion, preserved lemon, lemon juice, turmeric and cumin with the remaining 2 tablespoons oil, ½ teaspoon pepper and ¼ teaspoon salt in a large bowl.
- 4.** Top lavash (or pita) with the eggplant, herb mixture and eggs.

SERVES 4: 1 sandwich each

CAL 474 / FAT 32G (SAT 5G) / CHOL 187MG / CARBS 33G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 13G / FIBER 9G / SODIUM 444MG / POTASSIUM 512MG.



Israeli Salad with Challah Croutons & Feta

ACTIVE: 25 min **TOTAL:** 25 min

Cucumbers, tomato, parsley and feta are the basics of an Israeli salad, which is as common at breakfast as at any other meal. Here, fluffy challah croutons make the dish a sort of mash-up of the Lebanese bread salad fattoush, made with pita, and a Tuscan panzanella. It's just the kind of cross-pollination modern Israeli food is known for.

- 4 cups cubed challah bread (1-inch pieces)**
- 4 tablespoons extra-virgin olive oil, divided**
- 1 teaspoon ground pepper, divided**
- ½ teaspoon kosher salt plus ¼ teaspoon, divided**
- 4 small Persian (mini) cucumbers, quartered**
- 3 small Roma tomatoes, quartered**
- 1 cup fresh parsley leaves with tender stems**
- 2 tablespoons pitted oil-cured olives, halved**
- 2 tablespoons lemon juice**
- 1 3-ounce block feta cheese**
- 1 teaspoon za'atar (see Tip)**

1. Toss bread with 2 tablespoons oil, ½ teaspoon pepper and ½ teaspoon salt in a medium bowl. Heat a large skillet over medium-high heat. Add the bread and cook, stirring constantly, until charred in spots, 2 to 4 minutes. Transfer to a plate to cool.

2. Add cucumbers, tomatoes, parsley, olives and lemon juice to the bowl along with the remaining 2 tablespoons oil, ½ teaspoon pepper and ¼ teaspoon salt; toss to combine.

3. Using tongs or a slotted spoon, transfer the vegetables to a serving platter. Arrange the croutons around the edges and top the salad with feta. Drizzle the feta with any remaining dressing and sprinkle with za'atar.

SERVES 6: ¾ cup each

CAL 222 / FAT 16G (SAT 4G) / CHOL 15MG / CARBS 18G / TOTAL SUGARS 4G (ADDED 1G) / PROTEIN 5G / FIBER 1G / SODIUM 436MG / POTASSIUM 221MG.

TIP: Look for za'atar with other spice blends at most well-stocked supermarkets.



Green Lentil Curry Masabacha

ACTIVE: 50 min **TOTAL:** 50 min

TO MAKE AHEAD: Refrigerate sauce (Step 3) for up to 3 days.

Masabacha is a thick stew that in this case serves as the backbone to a hearty breakfast bowl. But the real star here is the silky whipped tahini sauce, made by simply pureeing tahini and water with garlic and lemon juice until the mixture is transformed into a light spreadable sauce. Serve with warm pita and some vegetables for dipping. (Photo: page 85.)

3 tablespoons extra-virgin olive oil

1 small onion, finely diced

1½ teaspoons minced garlic

⅔ cup green lentils, rinsed

⅔ cup red lentils, rinsed

2 cups low-sodium "no-chicken" or chicken broth

1-2 cups water, divided

1½ teaspoons curry powder

1 medium carrot, coarsely grated

¼ teaspoon kosher salt

¼ teaspoon ground pepper

1 cup thinly sliced arugula

2 tablespoons finely chopped red onion

1 jalapeño pepper, sliced

TAHINI SAUCE

⅔ cup tahini

1½ teaspoons minced garlic

½ cup ice water

¼ cup lemon juice

¼ teaspoon kosher salt

1. Heat oil in a medium saucepan over medium heat. Add onion and cook, stirring, until tender and translucent, 5 to 8 minutes. Add garlic and cook, stirring, for 1 minute. Add green and red lentils, broth, 1 cup water and curry powder. Bring to a boil over high heat. Reduce heat to maintain a simmer and cook for 15 minutes.

2. Stir in carrot and cook, stirring occasionally and adding water, if needed, 2 tablespoons at a time, until the green lentils are tender and the red lentils have broken down, 20 to 25 minutes more. Remove from heat and stir in salt and pepper. Cover.

3. Meanwhile, to prepare tahini sauce: Combine tahini and garlic in a mini food processor. With the motor running, add ice water in a slow stream. Process until the tahini is light and fluffy, about 1 minute. Add lemon juice and salt; process until smooth, about 30 seconds.

4. Divide the lentil mixture among 4 plates and dollop 2 tablespoons tahini sauce on each plate. Top the lentils with arugula, red onion and jalapeño. Serve with the extra tahini sauce, if desired.

SERVES 4: 1½ cups each

CAL 402 / FAT 19G (SAT 3G) / CHOL 0MG / CARBS 44G / TOTAL SUGARS 4G (ADDED 0G) / PROTEIN 17G / FIBER 8G / SODIUM 414MG / POTASSIUM 427MG.

ADEENA SUSSMAN lives in Tel Aviv. Her book *Sababa: Fresh, Sunny Flavors from My Israeli Kitchen* comes out this fall.



This year, don't let the
burgers and brisket
get all the glory.
Let your BBQ go VGQ.
You already know how
the grill performs a
smoke-and-char magic act
on meats and fish. Well,
there's hardly a vegetable
that won't benefit from
that same treatment.

The grill's dry heat
concentrates everything
that tastes good while
adding an unmistakable
smoky essence of summer.

RECIPES BY
Judith Fertig

PHOTOGRAPHY BY
Penny De Los Santos

FOOD STYLING BY NORA SINGLEY
PROP STYLING BY JERRIE-JOY REDMAN-LLOYD

*A little sprig of
greens left on these
carrots makes a
perfect handle
for grabbing and
dipping.*

GRILLED
BROCCOLINI
*with Garlic-
Chile Oil,*
p. 96



GRILLED
CARROTS
*with Smoky
Ketchup,* p. 98



**GRILLED
PROSCIUTTO-WRAPPED
ASPARAGUS**
with Fig Balsamic, p. 96





GRILLED BABY BEETS *with Raspberry-Thyme Glaze*

ACTIVE: 30 min **TOTAL:** 30 min

Earthy and smoky have a natural affinity in this colorful dish. The beets soften and take on flavor over the heat and then, in the last few minutes, an herby raspberry glaze adds a sweet sheen. A schmear of tangy goat cheese paired with the sweet and savory roots is the final piece of this well-balanced side.

½ cup seedless raspberry jam

1 tablespoon raspberry vinegar or red-wine vinegar

1 tablespoon fresh thyme, plus more for garnish

1 pound baby beets, scrubbed and trimmed as desired

1 tablespoon extra-virgin olive oil

1 teaspoon garlic powder

¼ teaspoon salt

4 ounces goat cheese, softened

Fresh raspberries for garnish

1. Preheat grill to medium-high.

2. Stir together jam and vinegar in a microwave-safe bowl. Microwave on High for 30 seconds. Stir in thyme.

3. Leave beets smaller than 1 inch wide whole. If larger, cut lengthwise into 1-inch wedges.

Toss the beets in a large bowl with oil, garlic powder and salt.

4. Grill the beets, turning occasionally, until slightly charred, about 10 minutes. Brush with half of the raspberry glaze and continue to cook until tender, 5 to 10 minutes more.

5. To serve, spread goat cheese on a platter and top with the beets and remaining glaze. Garnish with thyme and raspberries, if desired.

SERVES 4: ⅔ cup each

CAL 217 / FAT 10G (SAT 5G) / CHOL 13MG / CARBS 27G / TOTAL SUGARS 22G (ADDED 16G) / PROTEIN 7G / FIBER 3G / SODIUM 348MG / POTASSIUM 320MG.

GRILLED BROCCOLINI with Garlic-Chile Oil

ACTIVE: 25 min TOTAL: 25 min

Broccolini turns vivid green and gets sweeter on the grill—delightful when drizzled with the juice of grilled lemons. (Photo: page 93.)

- 3 tablespoons extra-virgin olive oil, divided
- 2 tablespoons unsalted vegetable broth
- 2 large cloves garlic, thinly sliced
- 1 small red jalapeño or Fresno chile, stemmed, seeded and julienned
- 3 bunches broccolini (about 1½ pounds)
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper
- 2 lemons, halved

1. Preheat grill to medium-high.
2. Combine 2 tablespoons oil, broth, garlic and chile in a small bowl. Microwave on High for 1 minute. Set aside.
3. Toss broccolini in a large bowl with the remaining 1 tablespoon oil, salt and pepper.
4. Grill the broccolini, turning once, until lightly charred and tender, about 10 minutes total. Grill the lemon halves, cut-side down, until caramelized, about 5 minutes.
5. Return the broccolini to the large bowl and toss with the reserved garlic-chile oil. Serve with the lemon halves for squeezing.

SERVES 4: 1 cup each

CAL 164 / FAT 11G (SAT 1G) / CHOL 0MG / CARBS 12G /
TOTAL SUGARS 4G (ADDED 0G) / PROTEIN 6G /
FIBER 2G / SODIUM 208MG / POTASSIUM 519MG.

GRILLED CARROTS with Smoky Ketchup

ACTIVE: 25 min TOTAL: 25 min

TO MAKE AHEAD: Prepare ketchup (Step 2) and refrigerate for up to 3 days.

Rainbow carrots are a feast for the eyes in this dish, although any colors will be just as tasty. If you like, save some of the carrot greens for garnish. (Photo: page 93.)

- 2½ tablespoons extra-virgin olive oil, divided
- ¼ cup finely chopped yellow onion
- 1 clove garlic, thinly sliced
- 1 jarred roasted yellow bell pepper, rinsed and chopped
- 1 tablespoon honey
- 1 tablespoon sherry vinegar
- ½ teaspoon smoked paprika
- Pinch of kosher salt plus ¼ teaspoon, divided
- 2 pounds thin rainbow carrots, scrubbed
- ¼ teaspoon ground pepper

1. Preheat grill to medium-high.
 2. Heat ½ tablespoon oil in a small skillet over medium-high heat. Add onion and garlic and cook, stirring often, until the garlic starts to brown and the onion softens, 3 to 4 minutes. Transfer to a mini food processor. Add bell pepper, honey, vinegar, paprika and a pinch of salt; process until smooth. Set aside.
 3. Place carrots on a rimmed baking sheet and brush with the remaining 2 tablespoons oil and sprinkle with the remaining ¼ teaspoon salt and pepper.
 4. Grill the carrots, perpendicular to the grates so they don't fall through, turning often, until tender-crisp and lightly charred, about 15 minutes total. Serve with the reserved ketchup.
- SERVES 8: ¾ cup carrots & 1 Tbsp. ketchup each
CAL 96 / FAT 5G (SAT 1G) / CHOL 0MG / CARBS 13G /
TOTAL SUGARS 8G (ADDED 2G) / PROTEIN 1G /
FIBER 3G / SODIUM 218MG / POTASSIUM 337MG.

GRILLED PROSCIUTTO- WRAPPED ASPARAGUS with Fig Balsamic

ACTIVE: 20 min TOTAL: 20 min

The multilayered fruitiness of fig-infused balsamic (look for it with other vinegars at the market) is a nice balance for the sweet and salty wrapped asparagus spears. (Photo: page 94.)

- 4 thin slices prosciutto
- 16 asparagus spears (about 1 pound), woody ends trimmed
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fig balsamic vinegar
- Shaved Parmesan cheese & grilled lemons for garnish

1. Preheat grill to medium-high.
2. Cut prosciutto slices in half crosswise and then lengthwise to create 16 strips. Wrap the midsection of each asparagus spear with a strip of prosciutto. Brush the asparagus tips with oil.
3. Grill the asparagus, perpendicular to the grates so they don't fall through, turning occasionally, until the prosciutto and asparagus tips are crispy, 8 to 10 minutes. Drizzle with vinegar and serve with Parmesan and lemons, if desired.

SERVES 4: 4 asparagus spears each

CAL 81 / FAT 5G (SAT 1G) / CHOL 11MG / CARBS 4G /
TOTAL SUGARS 2G (ADDED 0G) / PROTEIN 5G /
FIBER 1G / SODIUM 385MG / POTASSIUM 134MG.

GRILLED SWEET POTATOES with Gremolata

ACTIVE: 30 min TOTAL: 30 min

Sweet potato fingerlings (or small wedges) blister and caramelize on the grill. All they need is a final toss with a little butter and a blend of orange zest and mint.

- 2 tablespoons finely chopped fresh mint
- 2 teaspoons grated orange zest
- 1 teaspoon raw sugar, such as demerara
- ⅛ teaspoon kosher salt
- 1 pound fingerling or small sweet potatoes
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon ground pepper
- 1 tablespoon melted unsalted butter

1. Preheat grill to medium-high.
2. Combine mint, orange zest, sugar and salt in a small bowl; gently crush together with the back of a wooden spoon. Set aside.
3. If using small sweet potatoes, cut into 1-inch-thick wedges. Toss the sweet potatoes with oil and pepper in a medium bowl. Place in a single layer on the grill or in a grill basket. Cook, turning every 5 minutes, until tender when pierced with the tip of a knife, 20 to 25 minutes total.
4. Transfer the sweet potatoes to a large bowl. Add butter and toss to coat. Serve with the reserved orange-mint gremolata.

SERVES 4

CAL 131 / FAT 7G (SAT 2G) / CHOL 8MG / CARBS 17G /
TOTAL SUGARS 6G (ADDED 1G) / PROTEIN 1G /
FIBER 3G / SODIUM 98MG / POTASSIUM 221MG.



GRILLED
SWEET POTATOES
with Gramolata



GRILLED TORPEDO ONIONS with Romesco Sauce

ACTIVE: 30 min **TOTAL:** 30 min

TO MAKE AHEAD: Refrigerate sauce (Step 2) for up to 3 days.

These long, cylindrical purple onions, similar in flavor and texture to leeks, soften and caramelize to a sweet finish on the grill. You can find them at farmers' markets in spring or fall. Any spring onion or even 1-inch-thick slices of sweet onion make a good substitute.

- ¼ cup toasted slivered almonds**
- 2 large jarred roasted red peppers, rinsed and chopped**
- 1 slice whole-grain country bread (1 inch thick), toasted**
- 2 cloves garlic, minced**
- 1 tablespoon chopped fresh parsley**
- ½ teaspoon crushed red pepper**
- ¼ cup red-wine vinegar**
- 1 tablespoon honey**
- ⅓ cup extra-virgin olive oil plus 1 tablespoon, divided**
- 16 torpedo or spring onions (about 1 pound)**
- ¼ teaspoon kosher salt**
- ¼ teaspoon ground pepper**

1. Preheat grill to medium-high.
2. Process almonds in a food processor until finely ground. Add peppers, bread, garlic, parsley and crushed red pepper; process until a paste forms. Add vinegar and honey and pulse to combine, scraping down the sides as needed. With the motor running, add ⅓ cup oil and process until well combined. Set aside.
3. Trim root ends from onions, remove any papery skin and cut greens to 1 inch. Rinse and pat dry. Cut any large onions in half lengthwise. Brush the onions with the remaining 1 tablespoon oil and sprinkle with salt and pepper.
4. Grill the onions, perpendicular to the grates so they don't fall through, until lightly charred on one side, about 5 minutes. Turn and grill until softened and blistered, 3 to 5 minutes more. Serve with the reserved romesco sauce.

SERVES 8: ½ cup onions & scant ¼ cup sauce each
CAL 160 / FAT 13G (SAT 2G) / CHOL 0MG / CARBS 10G / TOTAL SUGARS 5G (ADDED 2G) / PROTEIN 2G / FIBER 2G / SODIUM 247MG / POTASSIUM 159MG.

JUDITH FERTIG is a Kansas City-based cookbook author and novelist. (See her favorite grilling tools on page 110.)



**MORE
THRILLS
ON THE
GRILL**

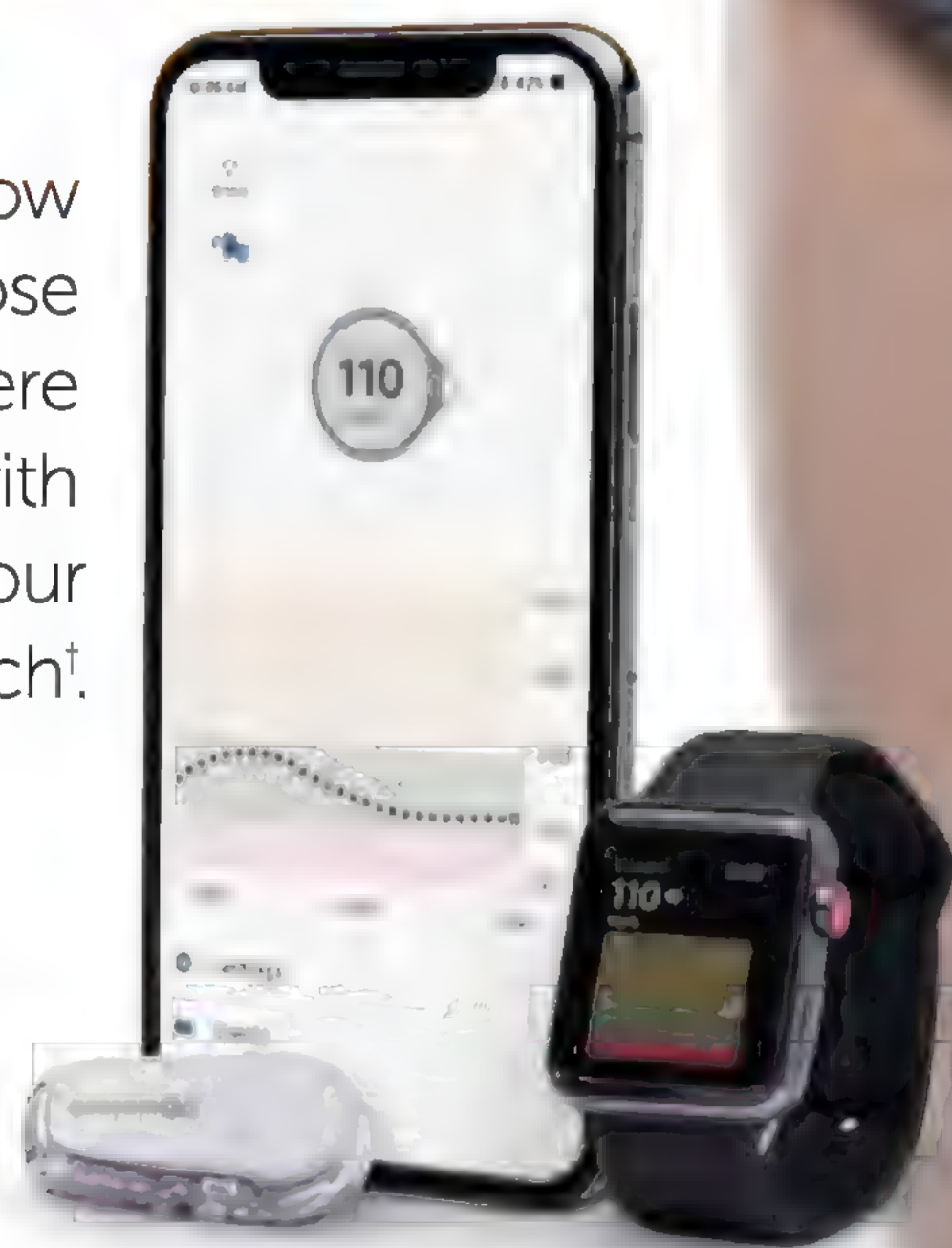
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WHEN SHE’S
AT SCHOOL.

WHAT
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THE COCKTAIL CONUNDRUM

BY RACHAEL MOELLER GORMAN
PHOTOGRAPHY BY TED + CHELSEA CAVANAUGH



New research challenging our long-held beliefs about booze's benefits has everyone questioning whether it's OK to drink. But many experts insist raising the occasional glass is perfectly fine. *EatingWell* looks at the science behind alcohol, health and happiness.

Millions of years ago, before humans walked the earth, a monkey discovered a novel treat on the rainforest floor: a piece of overripe fruit. The strong ethanol smell from the fermenting flesh drew him to the produce's precious calories, and the fruit was safe to eat because the alcohol repelled bacteria. He enjoyed the taste, and experienced a pleasant rush and a full stomach. Monkeys attracted to the scent and taste of alcohol may have had a selective advantage: they were able to find and eat more nutritious fruit than those not enticed by it, improving their health and enabling them to reproduce more often. It follows that these well-fed monkeys were also more likely to pass on genes predisposing their progeny to seek out this tasty, easily digestible discovery—and that, eventually, these genes found their way into humans.

This so-called “drunken monkey” hypothesis, espoused by Robert Dudley, Ph.D., an evolutionary physiologist at the University of California, Berkeley, while controversial, could explain the beginnings of our obsession with booze. Today, 73 percent of Americans regularly consume alcohol, up from 65 percent in 2002, according to recent research published in the journal *JAMA Psychiatry*. We socialize around cocktails, we toss back beers watching sporting events, we ease a stressful day with a nice glass of whatever you like. And not only are more of us drinking, but the study found we're also drinking more heavily. High-risk alcohol consumption among women has increased 58 percent since 2002, and alcohol use disorder has shot up 84 percent. In men, high-risk consumption has risen 16 percent, while alcohol use disorder has gone up 35 percent. (See “*Drinking Defined*,” page 103, for *what's considered risky alcohol consumption*.) Among older Americans 65 and over, those numbers are even higher: a 65 percent and 107 percent respective uptick.

Sobering stats, considering how bad excessive alcohol consumption is for our bodies. But maybe not as sobering as the recent news that even those of us who drink responsibly may be putting our health at risk. Last fall, a large, global review of studies published in *The Lancet* declared that “No amount of alcohol is safe to consume.”



Period. End of sentence. And a flood of flashy headlines from every major news outlet followed—amplifying the study’s conclusion and summarily contradicting the decades-old belief that moderate alcohol consumption benefits heart health.

So does this mean we should give up our nightly glass?

No. Not at all.

When you dig into the subtleties and limitations of this shiny new study—and, very importantly, give weight to the fact that, for many, drinking is a basic innate pleasure, as that monkey discovered—the facts are far from the buzzkill they’ve been made out to be.

To be clear, no one disputes that regularly overimbibing is a serious health issue. Alcohol is a toxin, after all. In high amounts over many years, drinking can damage your liver, blood vessels and heart. It also increases inflammation and blood pressure and may alter gene expression, leading to various types of cancer and other problems. And at some point, heavy drinking can become a full-blown addiction. The controversy lies in whether *moderate* drinking—a nice glass of cabernet or IPA—is safe.

ALCOHOL CALLED INTO QUESTION

For years, we have been told yes, sip away—it’s good for your heart. (Although there is evidence linking alcohol use with cancer risk, particularly breast cancer.) That advice goes all the way back to the 1990s, when the low-fat craze held Americans in its sway—and we were terrified that eating fat in any form would give us heart disease. But then in 1991, *60 Minutes* aired an episode on the French paradox—the realization that even though French people had high-fat diets that included buttery croissants, *frites* and Brie, their risk of cardiovascular disease was low. The host, Morley Safer, asked Serge Renaud, M.D., Ph.D., a research scientist at the prestigious French National Institute of Health and Medical Research, why. His answer: moderate amounts of red wine with meals. Americans rejoiced—drinking wine can save our hearts from our high-fat diets!—and wine sales skyrocketed. In 1992, Renaud followed the claim with a study backing up his theory. And research on resveratrol, an antioxidant in red wine believed to protect against heart disease and promote longevity, followed in the mid-’90s. (See “*The Urban Legend of Resveratrol*,” *opposite*, for more on that.)

But since then, studies on larger groups of people, using more modern methods, have been quietly building the case that drinking alcohol actually doesn’t offer these benefits. And 2018 was a particularly bad vintage for those imbibing under the guise

of health. In September, Max Griswold, M.A., a senior research scientist at the University of Washington, published that headline-grabbing *Lancet* study in collaboration with hundreds of colleagues from around the world. It wrapped together a massive amount of data from 195 countries into one magnum of a paper.

The researchers tried to fix a few problems found in previous studies: people’s memories of food and beverage consumption are notoriously inaccurate, so in addition to surveying participants on their drinking habits, they also used data on alcohol sales and even adjusted for the amount tourists drank and for those brewing at home. Most previous research on the health outcomes of alcohol intake simply compared people who drank to those who didn’t. But there’s a big problem with that. Often, people who abstain have a health problem, a history of addiction or a family member with alcoholism—which is why they choose not to drink. In addition, many people who eschew alcohol do so because they can’t afford it. (The *JAMA Psychiatry* study found that 64 percent of people with household incomes under \$20,000 a year drink, compared to 81 percent of those earning \$70,000 or more.) And lower incomes are associated with poorer health. So while in previous studies it seemed like alcohol was the reason moderate drinkers had a lower risk of heart disease and other problems, it may have actually been because teetotalers tend to be less healthy.

Griswold and his fellow study authors took all that into consideration as they analyzed 592 previously conducted studies for the effect of alcohol on 23 different health outcomes, including accidents, cancers, diabetes, several different heart conditions, liver disease and stroke, in addition to adding their new data and methods of processing the information. Their conclusion: “The level of alcohol consumption that minimized harm across health outcomes was zero standard drinks per week.” Even though the researchers did see a lower risk for coronary heart disease—the type that can lead to heart attacks—among men and women having about one drink a day (a 14 and 18 percent drop, respectively), the odds of all sorts of cancers increased with each serving of alcohol. And just like that, word that no amount of alcohol was safe spread like red wine on a white tablecloth. “I got a lot of inquiries from patients,” says David Katz, M.D., M.P.H., director of the Yale University Prevention Research Center at Grif-fin Hospital and *EatingWell* advisory board member. “No question, the study really resonated and made people anxious.”

However, look at the data more closely—and even speak to Griswold himself—and

it’s clear that these findings are not so different from a number of other recent studies that came to very different conclusions. This April, for example, Angela Wood, Ph.D., a biostatistician at the University of Cambridge, published a paper (also in *The Lancet*) that examined alcohol’s effects on different types of cardiovascular disease and death from any cause. After following almost 600,000 people for seven and a half years, on average, Wood found that the more you drink, the higher your odds of stroke, heart failure, fatal hypertensive disease, fatal aortic aneurysm and coronary disease. Heart attack risk, on the other hand, was 6 percent lower among those consuming 100 grams of alcohol a week, or about a drink a day. Plus, overall risk of death didn’t increase much at all until a person had more than that one daily drink. According to Wood’s study, drinking moderate amounts of alcohol is *not* dangerous to your health. And a June 2018 study in *PLoS Medicine* found that alcohol intake of between one and three drinks a week did not raise cancer risk among older adults.

How can the science be so at odds? Because the actual data in Griswold’s *Lancet* paper (as opposed to the summary of findings that frightened wine lovers everywhere) indicates only a tiny, *tiny* rise in disease risk up until about one alcoholic beverage per day, just like the other studies. “What we show—and Griswold and his colleagues show—is that overall risk appears to go up once you drink more than this,” says Wood. Griswold concurs: “The risk increases at a very slow pace to the point where I personally feel confident that if I have one drink a day, I’ll be OK. I think our results track well.”

THE TIPSY TRUTH

So a little rosé now and then probably isn’t helping you live longer, but it’s also not dooming you to disease, either. The question is what level of risk you’re willing to accept. In response to Griswold’s paper, statistician David Spiegelhalter, Ph.D., chair of the Winton Centre for Risk and Evidence Communication at the University of Cambridge and an expert on communicating risk to the public, wrote, “Claiming there is no ‘safe’ level does not seem an argument for abstention. There is no safe level of driving, but governments do not recommend that people avoid driving. Come to think of it, there is no safe level of living, but nobody would recommend abstention.”

Angela Wood put it in visceral terms. According to her research, if you drink more than one but less than two drinks per day, your life expectancy at age 40 might be six months shorter than if you have one or fewer alcoholic beverages daily.



ALCOHOL USE ON THE RISE

The stats above (the most recent available data) show a marked increase in the percentage of Americans who drink—and how much they consume—over time. Today, nearly 10 percent more adults report raising a glass at least occasionally compared to several decades ago.

Source: JAMA Psychiatry

Need help? If you or a loved one have a problem with alcohol, go to samhsa.gov or aa.org for support and treatment options in your area.

THE URBAN LEGEND OF RESVERATROL

The early studies that found this antioxidant could prevent blood platelets from clumping together (thus preventing heart attacks) were primarily done in rodents given huge doses of resveratrol. A person would need to drink almost *700 bottles* of red wine per day to get the equivalent amount. And subsequent studies have shown a slight cardiovascular benefit from *any* type of alcohol as long as consumption was low—meaning the heart-health effects weren't specific to resveratrol but to something in the alcohol itself. And now, even those small benefits may be questionable.

DRINKING DEFINED

Here's how the government breaks out risky versus reasonable alcohol consumption.



Light Drinking 1 to 6 drinks per week



Moderate Alcohol Consumption 7 drinks a week for women, up to 14 for men



High-Risk/Heavy Alcohol Use 3 drinks or more on a single occasion or more than 7 per week for women; more than 4 drinks daily or more than 14 per week for men.



Alcohol Use Disorder Inability to stop or control alcohol consumption.



“If you were to construct an argument around the benefits of alcohol, it would really be about the social experience of being around others.”

—MORTEN KRINGELBACH, PH.D.

Consume between two and four drinks a day and statistically you'll live one to two years less. Spiegelhalter says going from one to two drinks per day is about the same, healthwise, as spending two more hours sitting on the couch (sedentary behavior is known to be bad for your health).

Indeed, the *Lancet* study's overall global statistics show that if 100,000 adults drink no alcohol for one year, 914 of them stand to develop one of the diseases the paper looks at. If the same 100,000 people consume one drink a day, 918 will develop one of those health problems. That's just *four more* cases. Drinking two servings of alcohol daily pushes that number up to 977 (63 more diagnoses) and knocking back five drinks per day means 1,252 people will develop a problem (338 more diagnoses).

Also worth noting: since the *Lancet* study used information from people all over the world—from Portugal to the Democratic Republic of Congo—the risk levels are very broad because they lump together those who reside in both high- and low-income countries, have vastly different diets and lifestyles, and who drink different types of alcohol, from the finest wines to moonshine. They also suffer from different types of diseases. Tuberculosis, for one, is a major cause of alcohol-related death worldwide, but not so much in the U.S. “The study proved that *populations* don't derive a health benefit from alcohol. But it did not say anything about individuals who are careful about how much they drink,” says Katz.

Your own likelihood of developing a particular disease from alcohol is probably quite different from your neighbor's or from that of society as a whole. People also have different variants of a gene called alcohol dehydrogenase that breaks down ethanol, helping your body process it more or less readily. Women, for example, tend to produce about half the alcohol dehydrogenase that men do, the main reason alcohol affects them more. Body size matters too. And everyone's odds of disease are different. “If you're a woman with no cardiovascular risk factors and a strong family history of breast cancer, you're more likely to be harmed, because alcohol appears to contribute to the risk of breast cancer,” explains Katz. “But if you don't have a family history of cancer and you do have risk factors for heart disease, you could derive a health benefit from moderate amounts of alcohol.” He points out that there are far safer ways to reduce your odds than relying on alcohol—like going for a walk every day. Still, it helps put things in perspective.

THE HAPPINESS FACTOR

Most of us don't have the time or inclination to make mental calculations every

time we want a drink. All we care about is relaxing and enjoying a moment of pleasure. And pleasure *matters*.

Our brains are evolutionarily hard-wired to pursue things like food, sex and alcohol. Drinking triggers the release of feel-good endorphins and increases levels of dopamine, a neurotransmitter that lights up the reward center of your brain. Many other things, like art and music, also stimulate this widespread circuit. Studies have not yet proven that pure hedonic pleasure—that moment of joy you get from tasting a piece of good chocolate or sipping a dirty martini—is linked to better health outcomes. What *has* been linked, however, is eudaemonia—a Greek word that means a feeling of well-being and fulfillment, of having enjoyed a life well-lived. Studies show that when people experience this kind of contentment, their immune systems function better, their bodies are better able to fight viruses, and levels of inflammation—the kind linked to all sorts of conditions, such as cancer, diabetes, obesity and heart disease—decrease.

One of the few researchers who studies pleasure is Morten Kringelbach, Ph.D., a professor of neuroscience at the universities of Aarhus (in Denmark) and Oxford. He says that alcohol is often a gateway to this type of well-being. “If you were to construct an argument around the benefits of alcohol, it would really be about that social experience of being around others,” he says. “Drinking acts as a lubricant. It allows people to be in the moment, and open themselves up to others in a way that they wouldn't have otherwise. As long as they don't overdo it, that's a real positive aspect. There is a great proverb: ‘Man is man's medicine.’ It could be ‘Woman is woman's medicine’; but the key thing is this: what keeps us well is to just be with other people.”

Studies on alcohol and health are ongoing and no one pretends to have the final word. So for now, only you know the proper place of alcohol in your life. Wood's view is that, “If you drink, just drink less. If you drink a lot, drink a lot less.” And if you choose to drink, enjoy it—preferably in the company of others. “Don't do it for health, but you need not give it up for health either,” says Katz. “I drink wine because it's delightful. I'm not relying on that alcohol to make me healthy, but I include it judiciously in my diet because it's a source of great pleasure. And that should be the main motivation for drinking—pleasure.” 🍷

RACHAEL MOELLER GORMAN is a health and science journalist whose articles for *EatingWell* have won four *James Beard* awards.

ALCOHOL THROUGH THE AGES

7000-6600 BCE

Human preparation of alcohol begins. Analysis of pottery jars found in North China points to a fermented drink made with rice, honey, grapes and hawthorn berries.

3400 BCE The world's oldest brewery, in Hierakonpolis, Egypt, produces 300 gallons of beer per day.

~2500 BCE Workers building the Giza pyramids receive a *daily* ration of 1½ gallons of beer (about 5% alcohol by volume).

2000-1700 BCE

Wine production becomes commonplace in Greece and wine is highly regarded and written about. The poet Panyasis opines *Wine is like fire, an aid and sweet relief*.

160 BCE The Romans begin growing grapes for soldiers who are given wine as part of their rations as they conquer lands.

100 AD Wine is a major component of Christian tradition, in commemoration of the Last Supper. And Christians continue to drink wine as a primary part of the Eucharist.

1400s Spaniards arriving in the New World notice that the Mesoamerican people make alcohol. Using European distilling methods, they make a stronger version, called mezcal.

1634 Law requires every New England town to have an “ordinarie”—an inn to feed and house travelers, selling government-price-fixed beer, wine and spirits.

1920-1933 Prohibition bans the production, importation, transportation and sale of alcohol in the U.S. Alcohol consumption falls by half. But drinking rebounded again a few years in—to an estimated 60 to 70% of its pre-Prohibition level.

1935 Alcoholics Anonymous is created

1970 The National Institute on Alcohol Abuse and Alcoholism is established, championed by Sen. Harold Hughes (D-Iowa), a recovering alcoholic.

1980 Mothers Against Drunk Driving is founded.

1984 President Ronald Reagan signs legislation increasing the national minimum drinking age from 18 to 21

1988 The Alcoholic Beverage Labeling Act is passed, requiring warnings about operating a car or other machinery while intoxicated, as well as not drinking during pregnancy.

2012-2017 Craft beer becomes the “it” alcoholic beverage. The number of craft breweries in the U.S. shoots up from 2,420 to 6,266 in this five-year span—claiming 23% of the American beer market.

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- 1 tsp. GOYA® Minced Garlic**
- 1 pkg. (7 oz.) GOYA® Yellow Rice**
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MORSELS



Spring for These Kitchen Splurges

BOSTON-BASED INTERIOR DESIGNER KRISTINA CRESTIN SPECIALIZES IN FABULOUS-YET-FUNCTIONAL KITCHEN RENOS. HERE, SHE NAMES FIVE SPOTS WHERE IT'S TRULY WORTH THE SPEND—FOR A KITCHEN THAT LOOKS AS GOOD AS YOU COOK.

BY CAROLINE MCKENZIE

1 PERFORMANCE FABRICS

Spills should be expected, so Crestin recommends pricier stain-resistant, waterproof fabrics by Sunbrella or Perennials for barstools and seat cushions. Leather is another smart option. “You really *can* wipe it off,” she says.

2 ATTENTION-GRABBING HOOD

Crestin likes a focal point, and range hoods can present the perfect opportunity. She hires carpenters and metal workers to craft custom versions for clients from materials like stainless steel, brass, copper and even barn wood.

3 SHOW-STOPPING BACKSPLASH

“One kitchen trend I’m seeing is to-the-ceiling tile,” Crestin says. Adding more money to your tile budget for this continuous look creates a room with a polished and custom feel. (Bonus: Tiles are easier to clean than plain walls!)

4 PREMIUM WORK SURFACES

Crestin loves granite for its durability, though she says most clients ask for marble (which takes more work to maintain). Her answer: run granite countertops around kitchen perimeters and use marble as an accent on kitchen islands.

5 TOP-OF-THE-LINE FRIDGE

It is by far your kitchen’s most-used item and “high-end refrigeration matters,” Crestin says. The owners of the kitchen above chose a Sub-Zero Pro 48 (*not shown*) for its massive capacity and seamless cabinetry integration.



WE ASKED OUR
FACEBOOK FANS:

How do
you keep
your fridge
clean and
organized?

“Have a teenage son. He eats everything and then there’s nothing to organize.”
—Jess Beck

“I always clean it on Sunday and make my grocery list from there.”
—Joanie Curtis

“Pyrex storage!”
—Abby DeMarzo

Test Kitchen Tip: “I cook my family an end-of-the-week ‘fridge cleanup’ meal! On regular rotation: frittatas, fried rice, grain salads, soups, stir-fries or tacos improvised from leftovers.”
—Breanna Kilbren, Test Kitchen Manager

“Don’t buy more than you need and you don’t waste so much food.”
—Michelle Malling Miller

“Made a small investment in Fridge Binz [\$8 and up; thecontainerstore.com] and cut down on food waste. Pulling the tray out allows you to see and get to everything easily.”
—Julie Padela

“I shop weekly so my food is fresh. Then by the end of the week my fridge is almost empty, so I wipe it out before I refill it.”
—Kyla Hosmer

“Buy a new fridge?”
—Susie Laws

“I clean and organize once a week.”
—Kimberly Ferrer

Cooler Kitchen Appliance

a bonus fridge for your media room, so you don’t have to interrupt the game or movie to grab munchies? Using a refrigerator that’s horizontal may be a novel concept, but its width and spaciousness mean you can fit everything from party-size serving platters to big pots of soup. Below, some of our favorite units—and the features that make them notable. *By Lucy M. Casale*

TRUE 24" UNDER-COUNTER REFRIGERATOR DRAWERS

The soft-close drawers of these models (*above*) come in panel or stainless-steel finishes. And it’s our only pick designed for indoor *and* outdoor use. Install it by your pool for best-backyard-on-the-block status. (\$3,999; true-residential.com)

SUB-ZERO 24" REFRIGERATOR DRAWERS

Touchscreen technology allows for precise temperature and humidity control. Plus, the crisper and deli sections are located by the evaporator (the device that removes heat and moisture) to keep food extra-cool and extend shelf life. (\$4,145; subzero-wolf.com)

SUMMIT 24" REFRIGERATOR DRAWERS

These appliances are the most budget-friendly (relatively speaking) of our picks, and offer smart basics, like a sliding basket for easy fruit or veggie storage, plus LED interior lights that use less energy than traditional bulbs and make food extra-hard to miss. (\$1,710; ajmadison.com)

KITCHENAID 24" STAINLESS-STEEL DOUBLE REFRIGERATOR DRAWERS

You (read: your spouse, kids, their friends) will never leave the fridge door ajar again. These models have two alarms: one to alert you if the drawers aren’t fully closed and another if the temp rises above 45°F. (\$3,099; kitchenaid.com)

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Go Ahead, Play with Fire

ROCK-STAR GRILLING GAL JUDITH FERTIG (TRY HER BARBECUED VEG RECIPES, P.92) NAMES HER MUST-HAVE TOOLS FOR THE TASK

1 PERFORATED GRILL RACK Charcoal Companion's Porcelain-Coated Grilling Grid with nonstick porcelain coating is perfect for grilling delicate veggies and fish fillets that tend to fall through the grates or get stuck. (\$20 set of two, home depot.com)

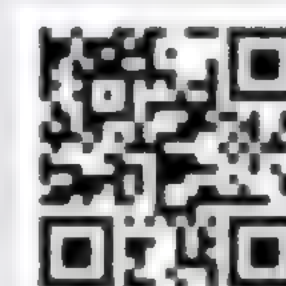
2 SILICONE BRUSH Weber's Silicone Basting Brush can withstand heat and is dishwasher-friendly, making it Fertig's fave. Use it to lacquer her Grilled Baby Beets with Raspberry-Thyme Glaze, p.95. (\$10, lowes.com)

3 GRILL BASKET "I prefer a hinged grill basket with a handle because it lets me sizzle garden goodies on both sides with just one turn of the wrist," Fertig says. The AIGMM Portable Stainless-Steel BBQ Grilling Basket works well for vegetables, shrimp and even a whole fish. The wires are thick and rounded to resist sticking to food, unlike finer-wired baskets. (\$21, amazon.com)

4 GRILLING GLOVES "Don't even think about using those quilted oven mitts outdoors!" Fertig warns. When working with open flames, protection is important for the underside of your arm as well as your hand. Elbow-length heat-resistant grill gloves do the trick—like these Steven Raichlen Extra-Long Suede Grill Gloves—plus, they look pretty bad-ass. (\$21, walmart.com)

5 LONG TONGS For turning slippery vegetables—and keeping hands away from the flame while flipping—long, grippy tongs are key. Fertig likes the GrillPro 20-Inch Professional Extra-Long Tong for its perfect length and rubberized handles. (\$16, amazon.com)

6 GRILL BRUSH Fertig loves the Rondo Grill Brush for cleaning grates. It's three times wider than standard brushes—to get the job done quicker and easier. It's also made with braided wires which are less likely to break off than other brush wires. (\$19, amazon.com)



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ASK BREANA

“What are your best tricks for storing produce?”

We do our best not to waste in the *EatingWell* Test Kitchen. (And we contract a local composting service to collect those inevitable food scraps that result from all our non-stop cooking.) But one of the best ways we’ve found we can prevent tossing good food is by storing our fruits and veggies properly.

Here are some of our favorite tried-and-true tips to make your produce last longer:

Trim & Separate Tops

Before you refrigerate anything that grows underground like radishes, carrots, beets and turnips, cut off the green leafy tops (if attached)—they draw out moisture and will make vegetables go limp and lose flavor faster. Store those greens separately for salads, sauces or to cook later.

Treat Herbs Like Flowers

I love this tip. For delicate herbs like cilantro and parsley: trim an inch off the stems and arrange them in a jar of water in your fridge, covered loosely with a plastic bag. (Asparagus and scallions do well with this fresh-bouquet treatment too.) Basil is the one herb to keep in a glass of water on your counter—it hates cold!

Use Crisper Drawers Right

Store vegetables in one drawer and fruits in another. Why? Because many fruits give off high levels of ethylene. This natural gas helps them ripen, but can cause most veggies (which produce less ethylene) to spoil faster. Note: not all produce should get the cold treatment. Go to EatingWell.com/produce-storage for a handy chart that covers which fruits and veggies to keep in the crisper and which should stay on the counter.

Give Bananas Space

Speaking of ethylene, bananas in particular ripen very quickly and speed the spoilage of nearly any produce nearby. Keep them on the counter (they’re one fruit you definitely don’t want to refrigerate) but away from other produce, like peaches and ripe avocados.

A Word About Onions

Onions should be stored in a cool dry and dark place, like a pantry, to keep them from sprouting. Put them on a separate shelf away from other produce like potatoes, which will grow eyes faster with onions around (that ethylene again).

Have a question for Test Kitchen manager Breana Killeen? Email it to askus@eatingwell.com



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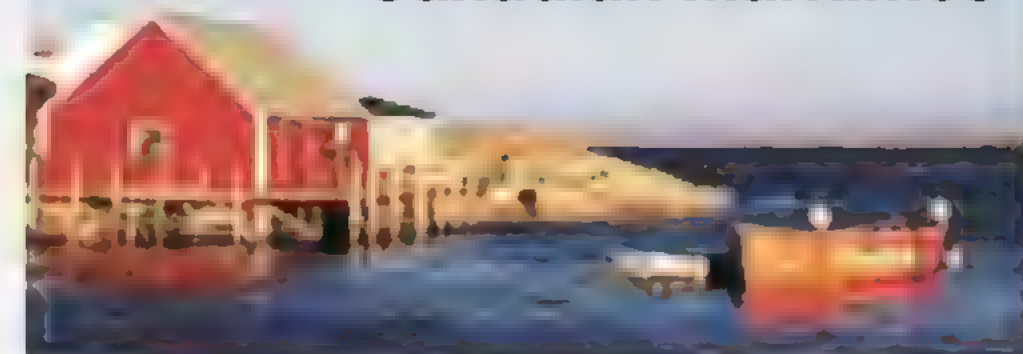
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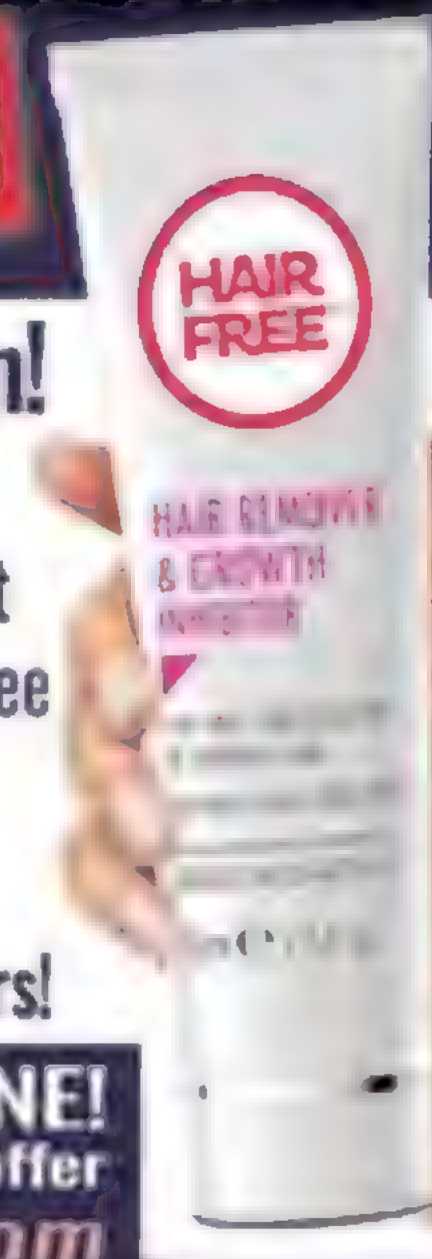
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RECIPE INDEX

Looking for Breakfast?
 You'll find new toast-topper
 combos on page 66
 (analyses at eatingwell.com)
 and produce-packed Israeli
 breakfasts on page 84.

Cocktail

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
78	Garden-Fresh Mint Julep	158	15	13	1	1	23	72												
Salads & Sides																				
31	Broiled Fennel with Parmesan Cheese	131	10	0	3	4	261	499				25		24						
95	Grilled Baby Beets with Raspberry-Thyme Glaze	217	27	16	7	3	348	320		26										
96	Grilled Broccolini with Garlic-Chile Oil	164	12	0	6	2	208	519				56		251						
96	Grilled Carrots with Smoky Ketchup	96	13	2	1	3	218	337				355		31						
96	Grilled Prosciutto-Wrapped Asparagus with Fig Balsamic	81	4	0	5	1	385	134		21										
96	Grilled Sweet Potatoes with Gremolata	131	17	1	1	3	98	221				283		22						
98	Grilled Torpedo Onions with Romesco Sauce	160	10	2	2	2	247	159				44		55						
83	Peas & Carrots Salad	214	27	0	8	8	366	428			23	218		118						
30	Spiralized Vietnamese Cucumber Salad	167	11	4	2	2	370	298				66								
Vegetarian																				
34	Cherry Tomato & Garlic Penne	385	49	0	16	7	622	609	25			31		36						
89	Crispy Artichokes over Labneh	323	13	0	10	3	558	150						33						
91	Green Lentil Curry Masabacha	402	44	0	17	8	414	427		24	29	55		29						
87	HaBasta's Greens & Eggs	296	8	0	11	3	418	669		38	20	185		63						
88	Hummus with Slow-Roasted Vegetables	429	32	0	13	7	426	512		33				51						
91	Israeli Salad with Challah Croutons & Feta	222	18	1	5	1	436	221				24		36						
90	Open-Face Roasted Eggplant & Herb Salad Pita Sandwiches	474	33	0	13	9	444	512		24		67		80						
26	Rainbow Veggie Wraps	391	40	0	13	7	791	214	28		22	144		103						
24	Zucchini Rollatini with Smoked Mozzarella	314	17	0	22	4	561	844	50	30		117		54						
Fish & Seafood																				
37	Asparagus Salad with Smoked Salmon & Meyer Lemon Vinaigrette	375	12	1	14	4	717	712		51		57		56						
82	Fluke Crudo with Tomato-Coriander Mignonette	119	17	1	11	7	487	779			28	56		65						
83	Salmon with Sorrel Sauce	484	6	0	34	1	364	870				28	90	35						
12	Shrimp & Pepper Kebabs with Grilled Red Onion Slaw	442	21	0	28	4	394	567		24		63		220						
Chicken																				
41	Chicken & Wild Rice Soup with Asparagus & Peas	322	44	0	20	4	731	355				48		20						
14	Jerk Chicken with Coconut Rice & Peas	523	48	0	37	4	687	557				20								
32	Spring Vegetable Salad with Chicken & Buttermilk-Herb Dressing	341	12	0	27	4	646	696		23		74		58						
Beef & Pork																				
16	Chopped Salad Pizza with Sausage	339	35	1	16	2	603	202	22			51								
20	Flank Steak Tacos with Strawberry Salsa	339	35	1	28	6	380	699					20	91						
22	Goat Cheese-Stuffed Flank Steak	203	2	0	26	0	453	410				37	20	41						
82	Grilled Pork Tenderloin with Sweet & Sour Rhubarb Chutney	239	21	16	25	1	330	670												
18	Jalapeño Popper Burgers	458	29	6	33	3	749	590			21		47							
20	Smoky Grilled Flank Steak	211	2	1	23	0	346	306					26							
Sauces																				
29	Fruit & Cucumber Relish	60	15	1	1	3	242	244						117						
29	Honey-Soy-Ginger Glaze	48	12	12	1	0	234	9												
29	Lemony Dill Sauce	92	1	0	1	0	175	33												
Desserts																				
81	Carrot Cake with Orange-Saffron Cream	341	35	22	5	2	238	158				91								
42	Olive Oil Tea Cake	267	28	13	5	2	189	68												

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The Backyard Gleaner

Rich Nahmias' nonprofit Food Forward saves fresh produce for SoCal's hungry.

By Sara Ventiera

THE SITUATION

God, that's beautiful, Rick Nahmias thought, as he marveled at verdant canopies laden with vivid tangerines and navel oranges in his friend's suburban Los Angeles backyard. The abundance was almost overwhelming—and certainly more than his friends could eat. That was December 2008, in the midst of the Great Recession, when nearly 15 percent of Americans were struggling to buy food. Nahmias had recently seen his Southern California neighbors line up by the dozens for basic provisions at the local food bank. “That was something I thought was from my grandparents’ era,” he says. Gazing up at those brimming fruit trees, he saw a potential solution.

WHAT HE DID

A few weeks later, Nahmias found a couple of volunteers on Craigslist and they got to work picking fruit off those trees in his friend's yard. In less than a month, they delivered 800 pounds of citrus to SOVA Community Food & Resource Program in Van Nuys and Food Forward was born. Within a year, the volunteers picked 100,000 pounds of fruit from local residents willing to share their backyard bounty (which counts as a tax-deductible donation). Now, a decade later, Food Forward has 29 full-time employees and 4,000 annual volunteers who pick citrus, persimmons, avocados and other produce from 740 private and public spaces.

WHY IT'S COOL

Most of the excess produce Food Forward collects would otherwise drop from trees and rot in yards or get raked up and sent to a landfill—contributing to the food waste that emits methane, the greenhouse-warming gas. Fortunately, in 2018 alone, Food Forward saved about 22 million pounds of produce: enough to fill nearly *four* Olympic-size pools. They also rescue produce that would otherwise go unused from local farms, farm markets and the Los Angeles Wholesale Produce Market. All of the “waste” they collect reaches 1,800 hunger-relief organizations around Southern California. Last year, MEND, the largest emergency food bank in the San Fernando Valley, received 1.4 million pounds. “Because of Food Forward, we have access to almost unlimited quantities of fresh produce for our clients,” says food bank general manager Adam Brooks. 🍌

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French Onion
Soup with
Asiago

Fontina
Grilled Cheese
Sandwich

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